

# City COMPASS

Lincoln Parks and Recreation

Vol. V, No. I

September, October, November, December  
lincoln.ne.gov ~ Keyword: Parks

2005

## Sherman Field

### TWO GREAT TRADITIONS

See Page 2



**Day Camp & Play**  
**Page 15**

**Golf & Tennis**  
**Page 21**

**Guide to Classes**  
**Page 6**

**Lincoln** Parks & Recreation  
"Making Lincoln a Better Place to Live"

## Appointed Public Boards/Councils

### Community Forestry Board

Sheryl Burbach, Chair  
Roger Figard  
Glenda Peterson  
John Williams  
Steve Schwab  
Larry Anderson  
Bob Ripley  
Cindy Wostrel  
Rich Wiese  
Ed Caudill  
The Community Forestry Advisory Board meets on the 2nd Tuesday of the month. Meetings begin at 4:00 p.m. in the lower level conference room of the Parks and Recreation Department at 2740 A Street. The meetings are open to the public.

### Veterans Memorial Garden Advisory Council

Keith Fickenschner, Chair  
Bob Baldwin  
Roger Drucker  
Dean Clawson  
Tom Morrissey  
Beech Dale  
Ken Orr  
Larry Brown  
Bill Haberman  
Moe Carlton  
Mabel Stamler  
The Veterans Memorial Garden Advisory Council quarterly meetings are open to the public. Call 441-8252 for the date of the next meeting.

### Parks and Recreation Advisory Board

Sue Quambusch, Chair  
Georgia Glass  
Susan Larson Rodenburg  
Dennis Scheer  
Bob Ripley  
Sandra Washington  
Judge William Hastings  
Peter Woolman  
Mary Arth  
Jolanda Kuzma  
Jonathan Cook  
Karen Hand  
Debra Schorr  
Rhea Gill  
Brennan Miller  
The Lincoln Parks and Recreation Advisory Board meets on the first Thursday of every month. Meetings begin at 4:00 p.m. at the Auld Recreation Center, 1650 Memorial Drive. Meetings are open to the public.

### Lincoln Pedestrian/Bicycle Advisory Board

Dalyce Ronnau, Chair  
Neal Thomas  
Ken Vice  
Rick Dockhorn  
Delrae Hirschman  
Ann Ringlein  
Jayne Snyder  
Beth Thacker  
Jason Albers  
Parks Coble  
Elaine Hammer  
Mike Mjelde  
Rich Rodenburg  
The Lincoln Pedestrian/Bicycle Advisory Board meets on the second Tuesday at 7:00 a.m. at the Parks and Recreation Administration Building lower level conference room.

### Lincoln Parks and Recreation Foundation

Clancy Woolman, President  
M.E. "Bus" Whitehead  
Mike Seacrest  
Sue Quambusch  
Jolanda Kuzma  
Albert Hamersky  
Christie Dionisopoulos  
Bill Blake  
Bill Woito  
Jerry Shorney  
Bob Ripley  
Bob Northrup  
Sandra Hilsabeck  
Roger Dodson  
Bob Baldwin  
Mary Arth

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### About The Cover

Inset Photo of Satchel Paige courtesy of the  
Lincoln Journal Star

#### Sherman Field: TWO GREAT TRADITIONS

From 1947 to 1961 Sherman Field was the home of Minor League Baseball. Stars of the Major Leagues played on Sherman Field including the famed Negro League pitcher Satchel Paige who finished with the Cleveland Indians. Other players included Chicago White Sox Major League Hall of Famer Nellie Fox, a second baseman, who played on twelve all-star teams, and pitcher Bobby Shantz, the 1952 American League most valuable player.

Since 1961 Sherman Field has been the centerpiece facility for American Legion and High School youth baseball. Over 6000 boys of summer have learned to win and to lose on this testing ground. The best University of Nebraska baseball team ever, included at least six players who grew up in part on Sherman Field including Joba Chamberlain, Alex Gordon, Jeff Christy, and Andy Gerch.

Interested parties are exploring the possibility of a \$500,000 fund raising campaign to renovate this baseball icon of the City. Please contact Steve Hiller at 441-8266 if you are in a position to support this needed effort with your time or financial resources. Keep the Tradition Alive and Strong.

## facility **Rentals**

### Reservations:

#### Picnic Tables, Shelters, and Weddings

Reservations for enclosed and open picnic areas are now being accepted. Van Dorn, Antelope, and Bethany Park enclosed shelters rent for \$75 for the first four hours and \$15 for each additional hour. Open outdoor shelters rent for \$45 a day and master table areas rent for \$40 a day except at Pioneers Park which are \$100. Sunken Garden weddings are \$150 for 3 hours plus a \$50 damage deposit. All other wedding sites are \$100 for 3 hours.

Call 441-8262 for more information or visit [lincoln.ne.gov](http://lincoln.ne.gov)

Keyword(s): shelter or forms

#### Other Rental Facilities:

All Recreation Centers, the John Shildneck Band Shell near Auld Recreation Center in Antelope Park, and the Malinovskis Auditorium at Pioneers Park Nature Center are available for rental by the public for conferences, organization meetings, birthday parties, weddings, and other functions. Call the desired facility for further information and details.

See Page 4 for phone numbers and locations.

### Refunds:

#### Facility/Shelter Rentals

Requests for refunds are subject to a \$15.00 service charge and must be made seven working days prior to the reservation date.

#### Picnic Areas/Wedding Locations

Requests for refunds are subject to a \$15.00 fee.

Rain, cold, heat, or bugs are not an automatic cause for a refund. However, each request/ issue will be considered separately after a refund form has been completed.

## equipment **Rentals**

### Equipment Rental

Parks and Recreation has game equipment available for your group or event:

Bingo

Volleyball Sets

Softball Sets

Game parachute

Horseshoes

Bocce Ball & MORE

Rental fees are only \$4.00-\$10.00 per set for four days!

Equipment rental is available from:

Easterday Center, 6130 Adams

441-7901

Irving Center, 2010 Van Dorn

441-7954

## recreation **Centers**

### Class Registration

Call the program location to register for the classes or programs you are interested in.

Center locations and phone numbers are listed on Page 4. Class sizes are limited, so register early. Payment is to be made at the first class meeting or on the first sport/program date, with no payment being accepted prior to that time, unless otherwise indicated. Cancellations will occur at the first class meeting, or on the first sport/program date if there is an insufficient number of registrants.

#### Cancellations

The Department reserves the right to combine classes/programs as needed or cancel classes or programs due to insufficient enrollment. A full refund will be granted if the Department cancels the program.

#### Classes/Youth Sports/Special Events

#### Before and After School Recreation/Playgrounds

Requests for refunds are subject to a service charge. Refund request must be made prior to the second scheduled meeting date. Refunds will not be granted after the second program date.

### Handicapped Accessibility

All parks have accessible facilities for some activities. Most



classes are held in accessible facilities. If you require an accommodation, please let us know at the time you register.

For more information call 441-7847

### Center Activities

Adult supervision is provided at all times. All participants are required to have an enrollment card on file at the Center and are expected to sign-in whenever they come to use the facility. Activities available may vary slightly from center to center, but in general consists of pool, table tennis, darts, table games, TV and gym. Call specific Center for details; Recreation Center locations and phone numbers are listed on Page 4.

**Finding a place to have your event got you down?**

**Try Parks & Recreation!**

**We Rent:**

- Golf Clubhouses
- Recreation Centers
- Aggr Play Center
- Nature Center Auditorium
- Picnic Shelters
- John Shildneck Bandshell

**See Page 4 For More Information**



## Donations

Memorials and gifts are accepted by the Department for family and friends. Suggestions for these memorial items or gifts are available through Department staff. Arrangements for donations can be made through the main office, 2740 "A" St. between 8:00 am - 4:30 pm. **Call 441-7847 for more information.**

## Volunteers

### Would you like to volunteer at the Parks and Recreation Department?

Whether for high school credit, community services, or just because; Parks and Recreation welcomes you to apply for volunteer work with us. A volunteer application is available at our Main Office at 2740 A Street. This application is filled out by the volunteer and turned back in to the Main Office. You will then be assigned to one of our Divisions or Districts and contacted to set up a potential work schedule.

We also want to thank the many people who have so generously shared their time and talents over the years. Volunteers are a valued resource. The roles volunteers can fill range from answering phones to basic maintenance duties, such as painting benches. The Parks and Recreation Office at 2740 "A" Street is open from 8:00 a.m. - 4:30 p.m. **Call 441-7847 for more information.**

## Know Your Parks Department?



### 2005 Youth Fencing Classic Draws Over 125

**D**id you know that Fencing is quite popular in Lincoln and has been for many years? Do you know which Recreation Center in Lincoln hosts the annual Youth Classic each Spring?

**Y**outh ages 8 - 18 from seven different states spent two days last spring at this Center in 'Northwest' Lincoln. Here they participated in one of the largest North American Cup tournaments held in the Midwest. The Lincoln Fencing Club hosted this 8th Annual Youth Classic and happily calls this 'Airy' Recreation Center their home away from home. Next year the 8th Annual Youth Classic will once again 'land' here for individual & team events in saber, foil, and epee.

**J**ust as taking in the sites at nearby 'Bowling Lake' is free for viewing by the public, so is the Youth Classic. This mystery City Recreation Center will once again host this annual event on March 18 - 19, 2006. Have you guessed which City Recreation Center we are talking about? Here's another hint: *This Recreation Center was once a gymnasium to the servicemen at the Lincoln Air Force Base.*

**The answer to this question can be found on Page 10.**

## facility **Locations**

### Recreation/Community Centers

*Reservable facilities designated in bold.*

<b>Air Park West Recreation Center</b>	<b>441-7876</b>
3720 NW 46th Street ~ 68524	
<b>Auld Recreation Center</b>	<b>441-7877</b>
1650 Memorial Drive ~ 68502	
<b>Belmont Recreation Center</b>	<b>441-6789</b>
1234 Judson Street ~ 68521	
<b>Calvert Recreation Center</b>	<b>441-8480</b>
4500 Stockwell ~ 68506	
<b>Easterday Recreation Center</b>	<b>441-7901</b>
6130 Adams ~ 68507	
<b>"F" Street Community Center</b>	<b>441-7951</b>
1225 F Street ~ 68508	
<b>Irving Recreation Center</b>	<b>441-7954</b>
2010 Van Dorn ~ 68502	

### Golf Courses

*Courses with room rentals designated in bold.*

<b>Highlands Golf Course</b>	<b>441-6081</b>
5501 NW 12th Street ~ 68521	
<b>Holmes Golf Course</b>	<b>441-8960</b>
3701 S. 70th Street ~ 68506	
<b>Jim Ager Golf Course</b>	<b>441-8963</b>
3761 Normal Blvd. ~ 68506	
<b>Mahoney Golf Course</b>	<b>441-8969</b>
7900 Adams Street ~ 68507	
<b>Pioneers Golf Course</b>	<b>441-8966</b>
3403 W. Van Dorn ~ 68522	

### Other Facilities/Offices

*Facilities with room rentals designated in bold.*

Administration Offices	441-7847
2740 A Street ~ 68502	
<b>Ager Play Center</b>	<b>441-6788</b>
1300 S. 27th Street ~ 68502	
Aquatics Office (Swimming Pools)	441-7960
1225 F Street ~ 68508	
Athletics Office	441-7892
233 S 23 Street ~ 68510	
<b>Hyde Observatory</b>	<b>441-7895</b>
Holmes Park (South Side)	
<b>Pioneers Park Nature Center</b>	<b>441-7895</b>
3201 S. Coddington ~ 68522 (send mail to Administration Office)	
Playground Office	441-7952
1225 F Street ~ 68508	
Rifle Range	44-6522
10th Street & Military Avenue (send mail to Administration Office)	
Woods Tennis Center	441-7095
401 S. 33rd Street ~ 68510	

## facility *Hours*

### Recreation/Community Centers

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Air Park West Recreation Center	11:30 - 8	11:30 - 8	11:30 - 5:30	11:30 - 8	11:30 - 5:30	Closed	Closed
Auld Recreation Center	8 - 4:30	8 - 4:30	8 - 4:30	8 - 4:30	8 - 4:30	Rentals Only	
Belmont Recreation Center	9 - 8	9 - 8	9 - 8	9 - 8	9 - 5:30	1 - 5	1 - 5
Calvert Recreation Center*	9 - 8	9 - 8	9 - 8	9 - 8	9 - 6	1 - 5	1 - 5
Easterday Recreation Center*	9 - 9	9 - 9	9 - 9	9 - 9	9 - 6	Closed	Closed
"F" Street Community Center	8 - 9	8 - 9	8 - 9	8 - 9	8 - 9	9 - 5	1 - 6
Irving Recreation Center*	9 - 8	9 - 8	9 - 8	9 - 8	9 - 5	1 - 5	Closed

- \* Air Park West - Evening hours will begin in October  
 Belmont - Evening hours will begin Tuesday, September 6  
 Calvert - Evening hours begin October 3; Saturday and Sunday hours begin October 1 & 2  
 Easterday - Evening hours begin November 1 - (Call 441-7901 for more information)  
 Irving - Saturday hours start November 5 (Call 441-7954 for more information)

### Other Facilities/Offices

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Administration Offices	8 - 4:30	8 - 4:30	8 - 4:30	8 - 4:30	8 - 4:30	Closed	Closed
Ager Play Center	See Ager information on Page 18						
Aquatics Office	8 - 4:30	8 - 4:30	8 - 4:30	8 - 4:30	8 - 4:30	Closed	Closed
Athletics Office	8:30 - 5	8:30 - 5	8:30 - 5	8:30 - 5	8:30 - 5	Closed	Closed
Hyde Observatory	October - March (7 - 10 pm); April - September (Sundown - 11 pm)						
Municipal Golf Courses	See Page 21						
Pioneers Park Nature Center	8:30 - 5	8:30 - 5	8:30 - 5	8:30 - 5	8:30 - 5	8:30 - 5	12:00 - 5
Playground Office	8 - 4:30	8 - 4:30	8 - 4:30	8 - 4:30	8 - 4:30	Closed	Closed
Rifle Range*	BB Class	BB Class	Open Shoot 6 - 9 pm	Firearm Class 7 - 9 pm	Rentals	Rentals	BB Open Shoot 1 - 3 pm
Swimming Pools	Closed for the season.						
Woods Tennis Center	Open 8 am - 10 pm daily (except holidays)						



# Teen Treks

**For Middle Schoolers Only!**

at Belmont Rec. Center  
1234 Judson Street

## Calendar of Events

Welcome Back Barbecue	September 23
Haunted House Tour	October 21
Horror Movie Night	November 18
Winter Party	December 16

**Activities & trips just for you and your friends!**

Registration & School IDs Required

**For more information  
CALL 441-6789**

<b><i>Guide To Classes &amp; Programs</i></b>								
<b>Category</b>	<b>Page(s)</b>	<b>Class/Program</b>	<b>Age Group</b> (some programs go by age check description)					
			<b>S</b>	<b>A</b>	<b>Y</b>	<b>P</b>	<b>F</b>	<b>SN</b>

Adaptive	20	Variety of Clubs/Programs/Classes						SN
Art /Craft	30	Build a Bird Feeder			Y			
Art/Craft	10	Ceramics	S	A				
Art/Craft	13	Ceramics & Clay (Scouts)			Y			
Art/Craft	10	China Painting	S	A				
Art/Craft	18	Creative Play				P		
Art/Craft	19	Grandma's Pocket				P		
Art/Craft	13	Jewelry (Scouts)			Y			
Art/Craft	28	Primitive Rope Making	S	A	Y	P	F	SN
Cultural	14	Kwanzaa Celebration	S	A	Y	P	F	SN
Dance	13,19	Ballet			Y	P		
Dance	9,10	Ballroom Dance Lessons	S	A				
Dance	9	Ballroom Dance for Older Adults	S					
Dance	19	Hop 'N Bop				P		
Dance	10,14	Beginning Irish Folk Dance	S	A			F	
Dance	13	Jazz & Cheer			Y			
Dance	10	Junior Jams (Adult & Child)	S	A		P		
Day Camps	15	Day Camps & Supervised Play			Y			
Fitness/Health	18	500 Mile Club	S	A	Y		F	SN
Fitness/Health	9,10	Aerobics Plus	S	A				
Fitness/Health	10	Bone Density Testing	S	A				
Fitness/Health	10	Laughing Matters	S	A				
Fitness/Health	11	CPR & First-Aid Classes	S	A				
Fitness/Health	28,31	Nature Hikes	S	A	Y	P	F	SN
Fitness/Health	9	Physical Fitness Assessments	S					
Fitness/Health	9	Striders Walking Club	S					
Fitness/Health	10	Yoga	S	A				
Golf	21	Municipal Golf Courses	S	A	Y		F	
Language	19	Cook 'N Book			Y	P		
Language	11	Learn Lakota/Omaha	S	A				
Language	11	Spanish	S	A				
Martial Arts	11	Jujitsu	S	A				
Martial Arts	11,13	Taekwondo	S	A	Y			
Music	18	Growing with Music				P		
Music	19	Hop 'N Bop				P		
Music	14	Kwanzaa Celebration	S	A	Y	P	F	SN

**Age Groups: S-Seniors A-Adults Y-Youth P-Preschool F-Family SN-Special Needs**

## Guide To Classes & Programs

Category	Page(s)	Class/Program	Age Group (some programs go by age check description)					
			S	A	Y	P	F	SN
Nature	28	Bird Banding Demonstrations	S	A	Y	P	F	SN
Nature	29	Build a Bird Feeder	S	A	Y			
Nature	29	Critter Tales				P		SN
Nature	28	Primitive Rope Making	S	A	Y	P	F	SN
Nature	28	Primitive Shelter	S	A	Y		F	
Nature	31	Especially for Scouts			Y			
Nature	28,31	Guided Hikes	S	A	Y	P	F	SN
Nature	28,29	Hayrack Rides	S	A	Y	P	F	SN
Nature	29	Spooktacular	S	A	Y	P	F	SN
Nature	28	Wilderness Campfire	S	A	Y	P	F	
Nature	28	Primitive Fire	S	A	Y		F	
Nature	28	Owl Procol	S	A	Y		F	
Nature	29	Winter Survival Camp			Y			
Nature	29	Nature Preschool			P			
Nature	29	Attention Scrapbookers	S	A				
Play	19	Cook 'N Book			Y	P		
Play	19	Grandma's Pocket				P		
Play	15	Day Camps & Supervised Play			Y			
Red Cross	14	Babysitter Training			Y			
Red Cross	11	CPR & First Aid Classes	S	A				
Shooting	26	Variety of Firearm Programs	S	A	Y		F	
Social	9	Billiards	S					
Social	9	Card Games	S					
Social	19	Grandma's Pocket				P		
Social	13	Indian Cave Camping Adventure			Y			
Social	14	Kwanzaa Celebration	S	A	Y	P	F	SN
Social	29	Spooktacular						
Social	9	Striders Walking Club	S					
Sports	21,24,25	Program Leagues & Sports	S	A	Y		F	
		Basketball	S	A	Y			
		BMX Track			Y			
		Boxing	S	A	Y			
		Disc Golf Course	S	A	Y			
		Indoor Soccer			Y			
		NFL Punt, Pass & Kick Competition			Y			
		Table Tennis	S	A	Y			
		Volleyball	S	A				
		Wrestling			Y			
		Tennis	S	A	Y			
<b>Age Groups:</b>			<b>S-Seniors</b>	<b>A-Adults</b>	<b>Y-Youth</b>	<b>P-Preschool</b>	<b>F-Family</b>	<b>SN-Special Needs</b>



#### DID YOU KNOW

The American Lung Association's "State of the Air" 2005 Report has named Lincoln as one of the 25 cleanest U.S. cities for ozone pollution. This is the fifth annual report issued by the American Lung Association on air quality in metropolitan areas across the United States.

The Air Quality Index, or AQI, is the standard that tracks levels of two air pollutants- ozone (smog) and particle pollution (tiny particles from ash, vehicle exhaust, soil dust, pollen, and other pollution). Lincoln's AQI has an index value of 0 to 50, which means it's daily air quality is good.

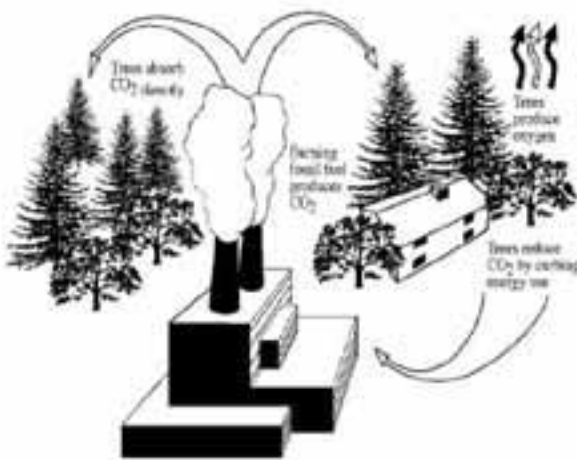
Of the 25 cities named the cleanest for ozone air pollution, 17 are Tree City USA communities, including Lincoln. This fact is no coincidence since trees do play an important role in determining air quality.

Trees absorb gaseous pollutants through their leaves and can bind or dissolve water soluble pollutants onto moist leaf surfaces. Tree canopies also intercept particulates and reduce local air temperatures. Our urban trees reduce ozone concentrations by direct absorption of ozone or other pollutants and by reducing air temperatures, which reduces hydrocarbon emission and ozone formation rates.

Lincoln's urban forest improves our air quality by sequestering the carbon dioxide and reducing the carbon emissions that come from burning fossil fuels to produce energy, heat, and to power vehicles. Research has shown that a single mature tree sequesters up to 26 pounds of carbon dioxide from the air and releases enough oxygen for a family of four to breathe for a full year.

Lincoln currently has over 112,000 trees on city property and an urban forest having an estimated total population of 350,000 trees. That represents an average tree canopy cover of approximately 59 percent, with a range from 37 to 75 percent. Cities with only 11 % tree cover can remove nearly 600 tons of air pollution every year according to recent research.

The quality of air means quality of life and Lincoln's urban forest is a major factor that influences both and benefits us all.



#### TREE WATERING TIPS

Moisture is a critical component of tree health. If there is insufficient soil moisture due to below normal rainfall, trees become stressed and may even die due to the lack of water. Too much moisture can also be detrimental and can cause tree roots to suffocate and die. During prolonged dry periods it is important that trees receive timely

watering to avoid serious health problems. The amount and duration of watering depends upon the soil type and size of the tree. When the soil is dry four (4) inches below the surface, it is time to water. With heavy clay soils, watering trees once every day or every other day is way too much and "drowns" trees, if the soil is kept too wet. Newly planted and young trees will need about 20 to 25 gallons of water every seven to ten days if there has been no rainfall. Watering with a slow running hose that is periodically moved to thoroughly wet down the entire root system away from the trunk of the tree is best. Further information about planting and maintaining trees on city property can be obtained by contacting the City Arborist in the Parks and Recreation Department.



**PUT THE BEDS TO BED**  
**Saturday, November 5, 2005**  
**For Information or to Volunteer**  
**CALL 441-8267**

*4th Annual  
Sunken Gardens  
Clean-Up*

Antelope Park, Sunken Gardens New Pavilion ~ July 2005



## classes **Seniors**



### Dance

#### Ballroom Dance for Older Adults

Dances are held every Tuesday at Auld Recreation Center in Antelope Park. Live music is provided. Admission is free.

Begins	Day	Time	Location	Weeks	Fee \$
On Going	T	7 - 9:30 pm	Auld	-	Free

Call 441-7877 for further information.

#### Ballroom Dance Lessons

Learn ballroom dance in a historic dance facility with a perfect ballroom dance wood floor. Instruction in waltz, fox-trot, swing, and polka. Taught by Don & Polly Anderson.

Begins	Day	Time	Location	Weeks	Fee \$
Oct 7	F	7:00 - 8:30 pm	Auld	6	60.00*

Call 441-7877 to register.

\*per couple



### Fitness & Health (see also Adults)

#### Aerobics Plus

Begins	Day	Time	Location	Weeks	Fee \$
On Going	M/W/F	9:00-10:00 am	Auld		*Punchcard

A low impact workout, aimed at improving your cardiovascular conditioning as well as toning and strengthening your muscles. Class includes warm-up, 20-30 minutes of aerobics and strengthening, and ends with muscle stretches. Class runs year-round. \*Punchcards available for 11 classes (expires after 2 months), or for 35 classes (expires after 6 months). Senior rate for individuals over 55 years:

11 class punchcard - \$27.50

35 class punchcard - \$70.00

Adults under 55 years:

11 class punchcard - \$32.50

Drop-in class fee is \$3.00

35 class punchcard - \$75.00

#### Physical Fitness Assessment

This is an easy way for adults 60+ to learn about their fitness levels and the areas that may need improvement. A series of simple tests are used to measure flexibility, endurance, agility, balance, and upper and lower body strength.

Begins	Day	Time	Location	Weeks	Fee \$
Oct 14	W	10:00 am - 1:00 pm	Belmont	1	FREE

Call Lifetime Health at 441-7575 to register.

#### Striders Walking Clubs

What is the very best exercise you can do? Walking! It is so much fun to do with friends. Walk one or both days. Great exercise! Wonderful fellowship!

Begins	Day	Time	Location	Weeks	Fee \$
On Going	W/H	9:00 am	F Street		15.00*

\*prices are per quarter

Call 441-7951 for a detailed brochure.



### Social

#### Just For Older Adults (55+)

F Street Community Center, 1225 F Street

Game	Day	Time
Pitch	M/W	8:00 am-3:00 pm
Pinochle	F	8:00 am-3:00 pm
Choir	M	9:00 am-10:30 pm
Open Billiards	M-F	8:00 am-3:00 pm
Striders	W/H	9:00 am-10:30 am

Call 441-7951 for more information.



#### Experience this Unique Lincoln Landmark

A visit to this site in Lincoln's historic Antelope Park will take you on a walking tour of 17 Military Memorial Monuments:

Korean War, Women Veterans, Vietnam, Merchant Marine, Pearl Harbor, World War II, All Airmen, China-Burma-India, Purple Heart, Airborne, Coast Guard, Disabled American Veterans, Special Forces, Medical Personnel, Navy Armed Guard, Prisoners of War, and Canine.

The Garden is a place of solemn beauty, allowing peaceful reflection for those who want to honor America's veterans. It serves a permanent reminder of the sacrifices they have made to preserve our Freedom. The Veteran's Memorial Garden is located within Antelope Park at Veterans & Memorial Drives and is maintained by the Lincoln Parks and Recreation Department in partnership with the Veteran's Memorial Garden Advisory Council. The Veteran's Memorial Garden Advisory Council is a group of volunteer mayoral appointed members, both veterans and non-veterans. Together these groups are committed to create a place and promote events to honor all Veterans, soldiers and their families, past, and present.

#### Commemorate these events with us:

Sep 11	2:00 pm	Patriot Day Ceremony
Nov 11	TBA	Veterans Day Ceremony & Nebraska Liberty Bell Dedication
Dec 7	11:55 am	Pearl Harbor Remembrance
Oct 10	All Day	Flags on Display for Columbus Day

#### For More information about Veterans Memorial Garden

Call (402) 441-7847 or

Visit: [lincoln.ne.gov](http://lincoln.ne.gov) Keyword: Veteran

## classes **Adults**



### Arts/Crafts

#### Ceramics

Learn the basics of ceramics. Techniques taught include cleaning of greenware, glazing, staining, lustering, dry brushing and use of decals. Class fee includes instruction and firing fee. Students must purchase their own supplies. \*Minimum start-up cost is approximately \$20.00.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 7	W	9:30 - 11:30 am	Easterday	4	24.00*
Sep 12	M	6:30 - 8:30 pm	Calvert	3	18.00*
Oct 3	M	6:30 - 8:30 pm	Calvert	4	24.00*
Oct 5	W	9:30 - 11:30 am	Easterday	4	24.00*
Nov 7	M	6:30 - 8:30 pm	Calvert	4	24.00*
Nov 2	W	9:30 - 11:30 am	Easterday	5	30.00*
Dec 7	W	9:30 - 11:30 am	Easterday	4	24.00*
Dec 5	M	6:30 - 8:30 pm	Calvert	3	18.00*

#### China Painting

A class for amateurs and experienced painters alike. Creative, elegant, and fun. Students select individual projects. Bring a shoebox for storing supplies. \*Other supplies provided by the Center are approximately \$20. Taught by Peg Pelter.

**Call 441-7954 to register.**

Begins	Day	Time	Location	Weeks	Fee \$
Sep 14	W	12:30 - 2:30 pm	Irving	6	36.00*
Sep 14	W	7:00 - 9:00 pm	Irving	6	36.00*
Nov 2	W	12:30 - 2:30 pm	Irving	6	36.00*
Nov 2	W	7:00 - 9:00 pm	Irving	6	36.00*



### Dance

#### Beginning Irish Folk Dance (Ages 10 - Adult)

Learn traditional Irish Folkdance with Lincoln Irish Dancers. Classes are taught by LuAnne Anderson and the Lincoln Irish Dancers. Comfortable dress, light and flexible shoes required.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 15	H	6:30 - 7:30 pm	Calvert	8	24.00

**Call 441-8480 to register.**

#### Ballroom Dance Lessons

Learn ballroom dance in a historic dance facility with a perfect ballroom dance wood floor. Instruction in waltz, fox-trot, swing, and polka. Taught by Don & Polly Anderson.

Begins	Day	Time	Location	Weeks	Fee \$
Oct 7	F	7:00 - 8:30 pm	Auld	6	60.00*

**Call 441-7877 to register.** \*per couple

#### Junior Jams (Adults Plus Children Ages 2 - 4)

Want to jam with your child to some great music? This is the class for you? This interactive class consists of movement activities and simple dance moves for you and your child.

Begins	Day	Time	Location	Weeks	Fee \$
Oct 5	W	10:00 - 10:30 am	Calvert	6	10.00

### Know Your Parks Department?

Answer from Page 4

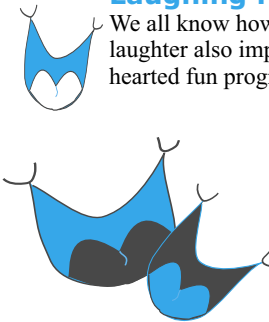
The Center which hosts the Annual Youth Classic for fencing and which is the home away from home to the Lincoln Fencing Club is none other than Air Park West Recreation Center at 3720 NW 46th Street. For more information about Lincoln Fencing Club and other Air Park West programs call the Center at 441-7876.



### Fitness & Health

#### Laughing Matters

We all know how good it feels to laugh. Did you know laughter also improves your health? Don't miss this light hearted fun program presented by Tracie Foreman.



Begins	Oct 12
Day	W
Time	10:30 am
Location	Belmont
Fee \$	Free to ages 60 & over \$5 for people under 60

**Call 441-7575 for further information.**

#### Bone Density Tests

The Sahara Clinical Bone Sonometer can identify individuals at risk of developing osteoporosis. Once altered to the possible onset of the disease, individuals can talk with their health professionals and research measures they can take to prevent further bone loss. Osteoporosis and related bone disorders affect 28 million Americans - 80% of whom are women. Each year this debilitating disease contributes to more than 1.5 million new fractures for the hip, spine and forearm. \*FREE to people over 60. \$5 for people under 60. **Appointment required.**

Begins	Day	Time	Location	Weeks	Fee \$
Sep 14	W	9:30 am - 12:30 pm	Belmont	1	*See Above

**Call 441-7575 for further information.**

#### Yoga Refresh & Renew

Yoga is a gentle and relaxing way to improve balance, enhance overall flexibility, gain strength and refresh your mind.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 1	H	10:00 - 11:30 am	Belmont	8	45.00
Oct 27	H	10:00 - 11:30 am	Belmont	8	45.00

**Call 441-6789 for more information and registration.**

#### Gentle Yoga

This yoga class facilitates gradual opening of the body with special needs addressed. A great way to increase strength, flexibility, and over all well being.

Begins	Day	Time	Location	Weeks	Fee \$
Nov 17	H	10:00 - 11:30 am	Belmont	4	20.00

**Call 441-6789 for more information and registration.**

#### Aerobics Plus

Begins	Day	Time	Location	Fee \$
	M/W/F	9:00-10:00 am	Auld	*Punchcard

A low impact workout, aimed at improving your cardiovascular conditioning as well as toning and strengthening your muscles. Class includes warm-up, 20-30 minutes of aerobics and strengthening, and ends with muscle stretches. Class runs year-round. \*Punchcards available for 11 classes (expires after 2 months), or for 35 classes (expires after 6 months).

Senior rate for individuals over 55 years:

11 class punchcard - \$27.50
35 class punchcard - \$70.00
11 class punchcard - \$32.50
35 class punchcard - \$75.00

Adults under 55 years:

Drop-in class fee is \$3.00

## classes **Adults**



### Language

#### Spanish (Beginning)

This class is an introduction to the Spanish language. We will start with the basics. The focus of the class will be to teach the beginner. Taught by Marie Blair. \*Participants will need to purchase a workbook for approximately \$18.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 21	W	5:45 - 7:15 pm	F Street	8	36.00*

#### Spanish (Intermediate)

This class is for those who have completed a basic Spanish course and would like to expand their conversational and writing skills. Taught by Marie Blair. \*Participants will need to purchase a workbook for approximately \$18.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 21	W	7:15 - 8:45 pm	F Street	8	36.00*

Call 441-7951 for more information and registration.

## LEARN LAKOTA

#### Lakota Language and Culture

Begins	Day	Time	Location	Weeks	Fee \$
Sep 6	T	6:30 - 8:30 pm	F Street		Free

#### Omaha Language and Culture

Begins	Day	Time	Location	Weeks	Fee \$
Sep 11	Su	2:00 - 4:00 pm	F Street		Free

Both Native American programs taught by volunteers and organized by Leo Yankton, AmeriCorps \*VISTA member. Instructors are Phyllis Stone for the Lakota and Emmanline Sanches for the Omaha program.

For more information or to register, call Leo at 438-5231.



### Martial Arts

#### Jujitsu

Jujitsu combines elements of various hand-to-hand arts from around the world. Class will cover the full scope of grappling, including: ground fighting, take downs, pins, submissions and throws. Jujitsu class must be taken in coordination with one Taekwondo Class per week.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 6	T	6:45 - 7:45 pm	F Street	8	24.00
Nov 3	T	6:45 - 7:45 pm	F Street	8	24.00

Call 441-7951 for more information.

#### Taekwondo

Taekwondo is a traditional art of self-defense from the nation of Korea. Class will cover all elements of Taekwondo training, including: strikes, forms, sparring, self-defense, grappling, board breaks, weaponry and philosophy. Students will develop rigid self-discipline, technique, flexibility and self-confidence throughout their training. Taught by Benjamin J. Coleman.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 6	T	7:45 - 8:45 pm	F Street	8	24.00
Sep 8	H	7:45 - 8:45 pm	F Street	8	24.00
Nov 1	T	7:45 - 8:45 pm	F Street	8	24.00
Nov 3	H	7:45 - 8:45 pm	F Street	8	24.00

\* Class will not meet Thanksgiving, Christmas Eve, or New Year's Eve.

Call 441-7951 for more information and registration.



### Nature



See Pioneers Park Nature Listings starting on Page 27

Call 441-7895 for more information



### Red Cross

#### American Red Cross Classes at "F" Street Community

Center are offered free of charge through a Community Health Endowment Grant targeting low income and minorities. Classes offered for more than 4 hours will include a half hour lunch break. Participants should bring a sack lunch.

Adult CPR/AED, Infant & Child CPR and First Aid classes help to recognize emergencies and overcome the reluctance to act. Minimizing shock. Recognizing and caring for breathing and cardiac emergencies in adults, children, and infants. Heart disease prevention. Injury prevention. Treating sudden illnesses, poisonings, exposure to heat and cold. First aid for cuts, scrapes, bruises, burns, bleeding, and bone, joint, and muscle injuries plus basic precautions to prevent disease transmission. ECC2000 updated. Meets OSHA Guidelines for First Aid.

#### Adult CPR/AED, Infant & Child CPR

Begins	Day	Time	Location	Weeks	Fee \$
Oct 15	H	9:30 - 4:30 pm	F Street	1	Free

#### Adult CPR/AED

Begins	Day	Time	Location	Weeks	Fee \$
Sep 13	T	5:30 - 9:30 pm	F Street	1	Free
Nov 7	M	5:30 - 9:30 pm	F Street	1	Free

#### Infant & Child CPR

Begins	Day	Time	Location	Weeks	Fee \$
Sep 15	H	5:30 - 9:30 pm	F Street	1	Free
Nov 9	W	5:30 - 9:30 pm	F Street	1	Free

#### First Aid

Begins	Day	Time	Location	Weeks	Fee \$
Sep 20	T	5:30 - 9:30 pm	F Street	1	Free
Nov 14	M	5:30 - 9:30 pm	F Street	1	Free

#### Adult CPR/AED & First Aid

1 year certificate. Recognizing and handling emergency situations, adults, and using an AED on victims of sudden cardiac arrest until advanced medical help is available. Basic precautions for preventing disease transmission. ECC 2000 updated.

Begins	Day	Time	Location	Weeks	Fee \$
Dec 10	Sa	9:30 am - 4:30 pm	F Street	1	Free

Call 441-7951 to register or for more information.







**Do you want to help make important decisions for the community you live in?**

**Submit an application to become a member of a local government task force, advisory board, commission, or committee.**

**For more information visit:**  
[lincoln.ne.gov/city/mayor](http://lincoln.ne.gov/city/mayor)



## Thanks, Lincoln, for supporting Lincoln Cares!

**Launched in 2003, Lincoln Cares is a voluntary donation program that gives LES customers the opportunity to donate one dollar each month for special projects and programs of the City Parks and Recreation Department. The funds benefit everyone, by improving our parks system!**

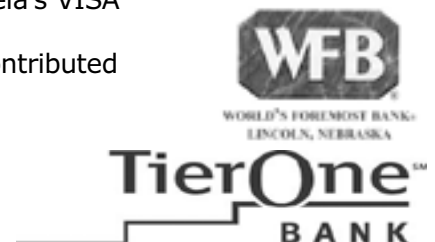
Lincoln Electric System (LES) automatic bank billing customers can also participate in Lincoln Cares. To sign up, LES customers who use automatic bank billing can call LES at 475-4211 or access the necessary authorization forms on its website, [www.les.com](http://www.les.com).

### **Your donation will help fund these projects in 2005:**

- Nebraska State Liberty Bell Shelter
- Sherman Field Baseball Plaza
- Jamaica North Trail Bridge
- Basketball Court in Belmont Park
- Commuter/Recreation Trail in University Place Neighborhood
- Benches along New Trail Loop in Holmes Park
- Parker's Pals Swim and Recreation Program Scholarships
- Green Team Youth Employment Program



Thank you, TierOne Bank Foundation and World's Foremost Bank (Cabela's VISA Operation), for providing a 50-cent match for every dollar contributed up to \$30,000 each.



**For information about Lincoln Cares, Call 441-8264 or Visit: [lincoln.ne.gov](http://lincoln.ne.gov) keyword: cares**  
**Please show you care. Just \$1 per month!**





## Arts/Crafts

### Scout Badges

#### CERAMICS & CLAY

Begins	Day	Time	Location	Weeks	Fee \$
See description below			Calvert	2	12.00

#### JEWELRY

Begins	Day	Time	Location	Weeks	Fee \$
See description below			Calvert	1	11.00

Troup leaders need to call the Calvert Recreation Center to arrange a class with the Instructor, Sue Ball. Completion of this class will qualify Scout participants to earn a badge. Boys and girls who are not scouts are welcome.



## Dance

### Ballet (Ages 5 - 9)

Participants will learn basic ballet steps while working on balance and coordination. It is recommended that all participants wear ballet slippers.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 17	Sa	11:30 am - 12:15 pm	F Street	8	18.00

**Call 441-7951 to register.**

### Jazz & Cheer (Grades K - 2)

Participants learn basic jazz steps & cheerleading moves and techniques while working on balance and coordination. It is recommended that all participants wear comfortable clothing & tennis shoes.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 24	Sa	9:00 - 10:00 am	Easterday	8	24.00

**Call 441-7901 (Easterday) to register.**

## INDIAN CAVE CAMPING ADVENTURE SEPTEMBER 10-11, 2005

REGISTRATION BEGINS AUGUST 8<sup>th</sup>.  
**SPACE IS LIMITED.**

This trip is open to students entering grades 6—8.

Campers will start and end their adventure at  
**PARK TEEN CENTER**  
855 SOUTH 8TH STREET

**Indian Cave State Park is located approx. 90 miles southeast of Lincoln near Shubert, Nebraska.**

**Leave:** Sat., Sept. 10 @ 8 AM  
**Return:** Sun., Sept. 11 @ 5 PM

#### Campers will experience:

- Guided day hikes
- Wildlife viewing
- Environmental education
- Campfire cooking
- Teambuilding activities
- History and culture: View ancient Native American hieroglyphics; Lewis and Clark expedition sites; learn about interactions between Natives and early settlers; visit a reconstructed mid-1800's Century river settlement

**FEE: \$100**  
**SCHOLARSHIPS ARE AVAILABLE**

#### PAYMENT SCHEDULE

Due at registration (non-refundable)	\$25
August 15	\$25
August 22	\$25
August 29	\$25
<i>included: transportation, tent rental, park entry fees, camping fees, Saturday dinner &amp; snack, Sunday breakfast and lunch.</i>	

**FOR INFORMATION: 441-9471**  
**REG. FORMS AVAILABLE AT RECREATION CENTERS**

## MAKE A DIFFERENCE



- Serve Community
- Touch a Child's Life
- Work in Culturally Diverse Settings
- Develop & Lead Programming

EO/AAE



The City of Lincoln Parks and Recreation Department is recruiting VISTA members to serve one year on the Youth Achievement Project. Benefits include a bi-weekly stipend, insurance, child care assistance, and deferment of student loans. Upon completion, participants will receive a \$1,200 stipend or an education award of \$4,725.

**For information contact Kurt Mantonya at (402) 441-4907.**  
**Visit: [lincoln.ne.gov](http://lincoln.ne.gov) Keyword: americorps**



## Martial Arts

### Taekwondo (Ages 5 - 12)

Taekwondo focuses on self defense through stretching, accuracy, cardiovascular training as well as providing a sense of honor, integrity, respect for elders and superiors, perseverance and self control. Taught by Benjamin J. Coleman.

#### Beginning

Begins	Day	Time	Location	Weeks	Fee \$
Sep 18	Su	3:00 - 4:00 pm	F Street	8	24.00
Nov 20	Su	3:00 - 4:00 pm	F Street	8	24.00

#### Intermediate

Begins	Day	Time	Location	Weeks	Fee \$
Sep 18	Su	2:00 - 3:00 pm	F Street	8	24.00
Nov 20	Su	2:00 - 3:00 pm	F Street	8	24.00

**Call 441-7951 for more information and registration.**



## Nature

See Pioneers Park Nature Listings starting on Page 27  
**Call 441-7895 for more information**

## classes **Youth**



### Red Cross

#### BABY SITTERS TRAINING REGISTRATION FORM

Belmont Recreation Center

Sep 24 \_\_\_\_\_ Oct 29 \_\_\_\_\_ Dec 3 \_\_\_\_\_

Name: (Please Print) \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Contact number in the event of cancellation: \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO:  
AMERICAN RED CROSS

Fall2005

B

## Baby Sitter Training

This leadership based course for 11-15 year olds teaches how to handle an emergency or illness with first-aid and other skills. This includes responding effectively to life threatening emergencies, choosing safe and age appropriate toys, and performing basic care routines like diapering, feeding, and dressing. Class fee includes a participant manual, and certification. Participants should bring a sack lunch.



### BELMONT

Begins	Day	Time	Location	Weeks	Fee \$
Sep 24	Sa	9:00 am - 1:00 pm	Belmont	1	25.00
Oct 29	Sa	9:00 am - 1:00 pm	Belmont	1	25.00
Dec 3	Sa	9:00 am - 1:00 pm	Belmont	1	25.00

Participants must fill out the registration form above. Registration form and payment should be mailed to:

Belmont Recreation Center  
1234 Judson  
Lincoln NE 68521

Call 441-6789 for more information.

### "F" STREET

Begins	Day	Time	Location	Weeks	Fee \$
Oct 22	Sa	9:30 am - 2:00 pm	F Street	1	Free*

Participants should bring a sack lunch

\*to low income people living in F Street Area

To register for "F" Street Community Center Baby Sitter Training Class, call 441-7951.

## classes **Family**



## Celebrate Kwanzaa

"F" Street Community Center

Wednesday, December 28

6:00 - 8:00 PM

FREE!

A Celebration with Music & Crafts!

Call 441-7951  
for more information



## Dance

### Beginning Irish Folk Dance (Ages 10 - Adult)

Learn traditional Irish Folkdance with Lincoln Irish Dancers. Classes are taught by LuAnne Anderson and the Lincoln Irish Dancers. Comfortable dress, light and flexible shoes required.

Begins Day Time Location Weeks Fee \$

Sep 15 H 6:30 - 7:30 pm Calvert 8 24.00

Call 441-8480 to register.

\*per couple



## Fitness & Health

### 500 Mile Club

The Belmont Recreation Center's 500 mile club has a great way for the entire family to become physically fit together, while enjoying your individual activity and going at your own pace. Complete 500 miles walking, jogging, bicycling, stair stepping, rowing or in any combination during a 12 month period at the Belmont Recreation Center and receive a free fitness club T-shirt. Keep a record of distances completed on a distance card. Cards are available at the front desk and will be kept on file there. Walking or jogging 1 mile = 1 mile, bicycling 4 miles = 1 mile towards your goal. A complete set of guidelines is available at the front desk.

All mileage must be completed at the Belmont Center.

Call 441-6789 for more information.

## Special Olympics

### We need your help!

Want to help a Special Olympics athlete be a success at the games? Lincoln Parks and Recreation is looking for volunteers to help train athletes in the following sports:

**Bowling**  
**Swimming**  
**Basketball**  
**Track & Field**

Can you help?

Call 441-7877 For More Information

## Supervised Play & Day Camp Programs

### Community Learning Centers

The Lincoln Parks and Recreation Department is the lead agency in Community Learning Center Programs at Everett Elementary, Pershing Elementary, and Mickle Middle Schools and offer the following programs at these locations beginning August 24:

Everett Elementary - **A)** Kindergarten Wrap Around Program: each school day from 12:30 - 2:53 pm. **B)** After School Program: each school day from 2:53 - 6:00 pm.

Pershing Elementary -

**A)** Before School Program: each school day from 6:45 - 8:15 am. **B)** After School Program: each school day from 2:53 - 6:00 pm. **C)** Afternoon Kindergarten Connection: each school day 11:09 am - 2:53 pm.

McPhee Elementary **A)** Before School Program, 7 - 9 am **B)** After School Program 3:30 - 6:00 pm

All programs have adult supervision with both recreational and educational programming provided.

For more information on fees and how to register contact the Playground Office at 441-7952.

### Before and After School Recreation

This program includes various supervised activities such as sports, games, crafts, nature activities, movies, holiday parties, stories and songs.

*Multiple child discounts.* Families enrolling more than one child will receive a multiple child discount if all children live in the same household. The \*full base rate applies to the first child, additional children receive a \$5.00 discount.

*Sliding Fee Rate* is available based on income and size of household. You must complete a sliding fee form and submit it with proof of income (a recent paycheck stub or tax return).

Please contact the Playground Office at 441-7952 to determine the amount you will pay. **Families receiving a sliding fee rate do not qualify for the multiple child discount.**

Registration forms and sliding fee forms are available at all City Recreation Centers, the Playground Office at 1225 "F" Street, and the main Parks and Recreation Office, 2740 "A" Street.

**\*Registration Fees are:** Before School \$73.00  
After School \$78.00

*\*program offered at Beattie, Fredstrom, Hill, Huntington, Norwood Park Schools as well as Belmont, Easterday and Calvert Recreation Centers*

We reserve the right to limit the number of registrations or to cancel a site not meeting a minimum number registered. You may register for any one or all of the sessions now. Payment is due for each session prior to the first day of that session. Some locations may already be full. Waiting lists will be maintained for each site.

Call 441-7952 (Playground Office) to inquire about available openings.

For more information or  
for registration forms visit:

lincoln.ne.gov

Keyword: forms

### Holiday Fun Festival

This program includes various supervised activities. Children should bring a drink, a sack lunch and tennis shoes. We will provide an afternoon snack.

**Available At:** Belmont, Calvert, Irving

**Dates of Festival Are:** Dec 27 - 30 & Jan 3

*\*Multiple child discounts* may be applied if all children live in the same household. The \*full base rate applies to the first child, additional children pay \$24.00 per day. The Sliding Fee Rate is available based on income and size of household. You must complete a sliding fee form and submit it with proof of income (a recent paycheck stub or tax return).

Call the appropriate Center for more information.

Registration forms will be available at all City Recreation Centers and the main Parks and Recreation Office, 2740 "A" Street.

**\*Registration Fee is \$27.00 per child/per day**

**\*Multiple Child Discount is \$24.00 per child/per day**

Registration begins Monday, November 7

### Kids Day Off (F Street Community Center)

This is a supervised play day when kids are not in school. Activities include: games, crafts, field trips, and more. Children should bring a sack lunch and wear tennis shoes. An afternoon snack is provided.

**Kids Day Off is offered Oct 10 & 31 and Nov 1 & 28.**

Registration begins September 6.

Registration deposit is required. Discounts available.

Call 441-7951.

### Winter Survival Camp

A two-day nature camp for grades 1 - 5. Investigate the ways animals and humans survive the cold. Build a debris hut, track animals and investigate animal adaptations to winter.

January 16 & 17

9:00 am - 4:00 pm, extended hours available

\$50/child, \$5 early registration discount

Call 441-7895 for more information and an application

**\*Extended hours**

**7:30 - 9:00 am and/or 4:00 - 5:30 pm**

**Fee: \$3.00 for am or pm or \$5.00 for both/day**

### Nature Center Preschool (Ages 3 to 5) "Where Kids Explore"

**Spaces still available for  
the 2005-06 school year.**

Tuesday/Thursday &

Wednesday/Friday Sessions

9:00-11:30 a.m. - \$75/month

12:30-2:30 p.m. - \$60/month

We nurture a sense of wonder, and investigate nature themes through hikes, crafts, story times and discussion circles.

Call 441-7895 for a brochure





## RECREATION

### CENTERS/FACILITIES

- A** Air Park - 3720 N.W. 46th
- B** Auld - 3140 Summer
- C** Belmont - 1234 Judson
- D** Calvert - 4500 Stockwell
- E** Easterday - 6130 Adams
- F** "F" Street - 1225 "F" Street
- G** Irving - 2010 Van Dorn
- H** Indoor Play Center - 1300 South 27th

- I** Pioneers Park Nature Center 3201 South Coddington

- J** Hyde Observatory - Holmes Park

### SPORTS FIELD/COURTS

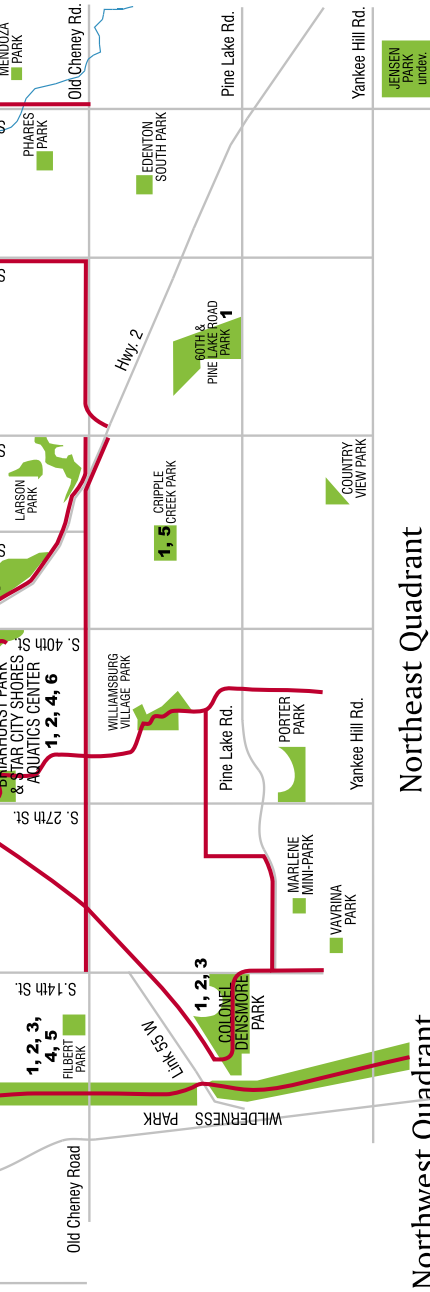
- 1 Ballfield
- 2 Basketball
- 3 Horseshoe
- 4 Tennis
- 5 Volleyball
- 6 Skate Park

### GOLF COURSES

- Ager Memorial Jr. - 3761 Normal Blvd. 441-8963
- Highlands - 5501 N.W. 12th 441-6081
- Holmes - 3701 S. 70th 441-8960
- Mahoney - 7900 Adams 441-8969
- Pioneers - 3403 W. Van Dorn 441-8966

### SWIMMING POOLS

- Air Park - 4000 N.W. 46th
- Ballard - 3901 N. 66th
- Belmont - 12th & Manatt
- Eden - 4400 Antelope Creek Rd.
- Highlands - 5511 NW 12th St.
- Irvingdale - 1900 Van Dorn
- Kuklin - 2300 "N"
- Meadow Heights - 900 W. Avon 27th & Highway 2
- Star City Shores - University Place - 2000 N. 48th
- Woods Spraygrounds - 3200 "J"



### Northwest Quadrant

- Arnold Heights Park 5325 W. Superior
- Ashley Heights Park N.W. 45th & W. Leighton
- Belmont 12th & Judson
- Bowling Lake N.W. 48 & W. Cuming
- Eagles View 52nd & West Knight
- Government Square 10th & "Q"
- Hayward 9th & Military
- Highlands W. Harvest
- Highlands So. N.W. Fairway to N.W. 1st
- Keech 14th & Superior
- Iron Horse 7th & "Q"
- Lakeview N.W. 20th & "Q"
- Lintel 21st & Holdrege
- McWilliams 25th & "J"
- Oak Lake 1st & Charleston
- Olympic Heights N.W. 52nd & W. Huntington
- Penizer N. 27th & Potter
- Max E. Roper 10th & Belmont to 3rd & Superior
- Shoemaker Marsh 27th & McKelvie
- Stephen C. Schleich 34th & Ridge Park Road
- Trago 22nd & "J"
- West Lincoln N.W. 2nd & West Dawes

### Northeast Quadrant

- Ballard 66th & Kearney
- Bethany 65th & Vine
- Boosalis 48th & Fletcher
- Culler Jr. High Lot 54th & "S"
- ECCO 47th & Holdrege
- Fleming Fields 31st & Leighton
- Hartley 31st & "R"
- Havelock 64th & Ballard
- Herbert 81st & Trailridge Rd.
- Idylwild 1400 S. Coddington
- Jaycee-Kahoa 78th & Leighton
- Mahoney 70th & Fremont
- McAdams 44th & "Y"
- Mint Park 48th & Adams
- Nevin 32nd & Doane
- Fleming Fields 30th & Leighton
- Rec. Sports Park 32nd & "W"
- Sun Rise 73rd & Douglas
- Tyrrell 67th & Baldwin
- University Place 49th & Garland
- UPCO 40th & Adams
- Warner Wetlands 98 & Hwy. 6

### Southwest Quadrant

- (Hazel) Abel 18th & "E"
- American Legion 26th & Randolph
- Bison Coddington & West Van Dorn
- Breta 20th & "A"
- Centennial Mall 15th & "K" to "R"
- Coddington 1400 S. Coddington
- Colonel Densmore 6701 South 14th
- Cooper 6th & "D"
- Filbert School House Lane & Clearview
- Irvingdale & Rudge 20th & Van Dorn
- Memorial 20th & Marlene
- Maple Lodge 20th & Euclid
- Mini Park 27th & South
- Near South 19th & "A"
- Peach 1425 Peach
- Pioneers 3201 South Coddington
- Sawyer Snell 2nd & South
- Schwartzkopf S.W. 1st & "L"
- Seacrest Range West Folsom & W. "E"
- Standing Bear 1400 Park Blvd.
- Stransky 17th & Harrison
- Sunken Gardens 27th & "D"
- Van Dorn 9th & Van Dorn
- Vavrina 16th & Annette
- Wilderness 1st to 27th & Van Dorn to Satellito
- Willard & Folsom & West "B"
- Schroeder

### Southeast Quadrant

- Antelope 23rd & "N" to 33rd & Sheridan
- Bishop Heights 30th & Prescott
- Colonial Hills 64th & Pioneers
- Country View 56th & Union
- Cripple Creek Birch Hollow & Beaver Cr. La.
- Eden 45th & Antelope Cr. Rd.
- Edenton South Ashbrook Circle & Stevens Ridge Rd.
- Henry 44th & Prescott
- Holmes 70th & Normal
- Jensen (UND) 84th & Yankee Hill Rd.
- Kontras Cotner & Aldrich
- Larson 54th & Woodland
- Phil E. Mendoza Whitehall Lane & Blackshore Rd.
- Neighbor's 30th & "D"
- Pansing 52nd & Van Dorn
- (Ervin) Peterson 20th & Southwood
- Phares 84th & Glynoaks
- Piedmont 50th & "C"
- Pine Lake Pine Lake & 60th
- Pocras Bradford & Sewell
- (Clare) Porter 27th & Pine Lake
- Roberts 56th & Sumner
- Roose 52nd & Roose
- Seacrest 70th & "A"
- Stuhr 51st & "M"
- Sunburst Sunburst Lane & Washington
- Taylor 63rd & Randolph
- Tierra Briarhurst 27th & Tierra to 37th & Camelian
- Trendwood 77th & "A"
- Woods 33rd & "J"
- Williamsburg Village 32nd & Raleigh



**100% kid-powered.  
The place where play has purpose!**

**Ager Play Center - a playspace for small children.**

Children can slide, crawl, climb and play as hard as they like, fueled by their own curiosity and imagination. Children can explore the maze of tunnels, slides, and ball pits, or ride on a variety of riding toys. They'll have the time of their lives. *For safety reasons children must be at least 3 years old and no taller than 4 ft. tall to play in the our large play structure.*

We have not forgotten those under 3 years old. We welcome you to bring them to our toddler area, where they can play almost like the "big" kids, on toys that are designed for their size and ability.

For children over 4 ft. tall we have a Lego® area, riding toys, board games, and a reading area.

**Socks must be worn inside the building.**

**CALL 441-6788  
FOR RENTALS  
& OTHER INFORMATION  
(See Facility Rentals on this page)**

### **Operating Hours**

**September 6, 2005 - May 26, 2006**

Sunday, Nov 6th we're open 1 - 5!

<b>Sunday</b>	<b>By Reservation</b>
<b>Monday</b>	<b>9:30 AM - 5:00 PM</b>
<b>Tuesday</b>	<b>9:30 AM - 5:00 PM</b>
<b>Wednesday</b>	<b>9:30 AM - 7:00 PM</b>
<b>Thursday</b>	<b>9:30 AM - 5:00 PM</b>
<b>Friday</b>	<b>9:30 AM - 5:00 PM</b>
<b>Saturday</b>	<b>9:30 AM - 5:00 PM</b>

**No outside food or drinks may be brought in the building, unless you have booked a party room.**

### **Fees & Admission**

Adults	\$1.75
Children	\$1.75
Children Under 1 Year	FREE
Punch Cards	\$36.00/24 Punches
Socks	\$1.75 (for the "sock less" child)

**Make your party unique!** When you rent a party room you can bring in your own food and drink. Leave the clean-up to us.

### **Facility Rentals**

<b>Type of Rental</b>	<b>Times</b>	<b>Fee \$</b>
Facility Rental	After Hours Only	60.00/hour
Party Room Rental	Open Hours	20.00/hour

**Please no pinatas or confetti.**  
**Advanced reservations required.**

### **Refunds:**

Requests for refunds are subject to a \$5.00 service charge. Refund request must be made 72 hours prior to the program date.

### **Contact Us**

Email: [agerplaycenter@lincoln.ne.gov](mailto:agerplaycenter@lincoln.ne.gov)

You can contact us via our email address to request information or a day for a party room for a birthday party or play group. **IMPORTANT:** Contacting us by Email only requests information about the date availability, it does not guarantee the day requested.

**Phone:** For more information **CALL 441-6788**

**Mailing Address:** 2740 A Street, Lincoln NE 68502

## **Ager Play Center Classes**

**Ager Play Center offers fun and educational classes for your small children.**

### **Music N More**

**(music & movement)**

**(Ages 9 Months - 3 Years)** Little ones have been in an environment where they heard the rhythm of a beating heart for the first 9 months of their lives. What better time to introduce music into their lives and to interact with your child to help them gain an appreciation for something that will help their mental, physical, and psychological development.

**(Ages 3 - 5)** Music is essential in a child's life. This class lets kids express themselves through music and movement as they transform minds and bodies into a world of rhythm and sounds. Class is designed for the child only. If your child would need your company consider the class above.

**Call Ager for a schedule and description of upcoming classes.  
(402)441-6788**

## classes **Preschool**



### Dance

#### Ballet One (Ages 3 1/2 - 5)

Participants will learn basic ballet steps while working on balance and coordination. It is recommended that participants wear ballet slippers.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 24	Sa	10:15 - 11:00 am	Easterday	8	18.00
Sep 17	Sa	10:30 - 11:15 pm	F Street	8	18.00
Sep 10	Sa	9:00 - 9:30 am	Calvert	8	18.00
Sep 10	Sa	9:45 - 10:15 am	Calvert	8	18.00

Call (Calvert) 441-8480 (F Street) 441-7951 (Easterday) 441-7901

#### Ballet Two (Ages 3 1/2 - 5)

A continuation of Ballet One with review, added movements and skill development, performance at final class.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 10	Sa	10:30 - 11:00 am	Calvert	8	12.00

Call Calvert Recreation Center at 441-8480 for more information.

#### Junior Jams (Adults Plus Children Ages 2 - 4)

Want to jam with your child to some great music? This is the class for you? This interactive class consists of movement activities and simple dance moves for you and your child.

Begins	Day	Time	Location	Weeks	Fee \$
Oct 5	M/W	10:00 - 10:30 am	Calvert	6	10.00



### Play

#### Cook 'N Book (Ages 3 1/2 - 7 yrs.)

Cooking activities will bring to life the thrill of reading. Preschoolers have the opportunity to learn basic cooking skills and have fun at the same time. Each class features an exciting storybook centered activity.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 10	Sa	11:00 - Noon	Irving	4	12.00
Oct 8	Sa	11:00 - Noon	Irving	4	12.00
Nov 5	Sa	11:00 - Noon	Irving	4	12.00

Call 441-7954 to register.

#### Grandma's Pocket (Ages 20 mo. - 4 yrs.)

Activities will include free play, learning to count, coloring, simple crafts, sidewalk chalk, blowing bubbles, playing in the park, using playdough, and snack time. This program offers play activities for you and your child and encourages your child to interact with other children. Parents are expected to stay with their child.

Class meets twice each week for three weeks.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 12	M/H	9:30 - 11:00 am	Irving	3	27.00
Sep 13	T/F	9:30 - 11:00 am	Irving	3	27.00
Oct 3	M/H	9:30 - 11:00 am	Irving	3	27.00
Oct 4	T/F	9:30 - 11:00 am	Irving	3	27.00
Oct 24	M/H	9:30 - 11:00 am	Irving	3	27.00
Oct 25	T/F	9:30 - 11:00 am	Irving	3	27.00
Nov 14	M/H	9:30 - 11:00 am	Irving	3	27.00
Nov 15	T/F	9:30 - 11:00 am	Irving	3	27.00

Call 441-7954 to register.



### Music

#### Hop 'N Bop (Ages 2 - 5)

Children's and Youth Performing Group- "Watch Us Shine"

Hop 'N Bop to Music is for boys and girls who are 2 - 5 years old. We do a variety of songs that are

FUN, and age appropriate.

The songs and activities help develop large and fine motor coordination, cooperation, social skills, creativity and imagination.

The songs also reinforce preschool concepts such as counting, colors, animals, body parts, etc. An adult

must stay for the duration of the class. New music and activities each month!



Begins	Day	Time	Location	Weeks	Fee \$
Sep 1	H	9:15 - 10:00 am	Belmont	4	18.00
Sep 2	F	9:15 - 10:00 am	Calvert	4	18.00
Sep 2	F	10:15 - 11:00 am	Calvert	4	18.00
Oct 6	H	9:15 - 10:00 am	Belmont	4	18.00
Oct 7	F	9:15 - 10:00 am	Calvert	4	18.00
Oct 7	F	10:15 - 11:00 am	Calvert	4	18.00
Nov 3	H	9:15 - 10:00 am	Belmont	3	13.50
Nov 4	F	9:15 - 10:00 am	Calvert	3	13.50
Nov 4	F	10:15 - 11:00 am	Calvert	3	13.50
Dec 1	H	9:15 - 10:00 am	Belmont	3	13.50
Dec 2	F	9:15 - 10:00 am	Calvert	3	13.50
Dec 2	F	10:15 - 11:00 am	Calvert	3	13.50
Jan 5*	H	9:15 - 10:00 am	Belmont	4	18.00
Jan 6*	F	9:15 - 10:00 am	Calvert	4	18.00
Jan 6*	F	10:15 - 11:00 am	Calvert	4	18.00

\*no class Jan 12 (Belmont) or Jan 13 (Calvert)

Call 438-2393 Lorraine Haupt to enroll.



### Nature



See Pioneers Park Nature Listings starting on Page 27

Call 441-7895 for more information

**Recreation Programs (for individuals with special needs)**

**AULD RECREATION CENTER**  
**1650 Memorial Drive**  
**Lincoln NE 68502**  
**Phone: (402) 441-7877**

Call Auld to register for the following programs.

**Hi-Time Club (Jr. Hi - High School)**

Varied recreational and social activities; additional fees for some activities. Schedules for club programs available Sep 19.  
 \*Transportation available for an additional fee of \$36.00 for fall session.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 19	M	7:00 - 8:30 pm	Auld	12	\$12.00*

**Fun Club (Grade School)**

Varied recreational and social activities; additional fees for some activities. Schedules for club programs available Sep 20. Transportation available for an additional fee of \$36.00 for fall session.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 20	T	5:00 - 6:20 pm	Auld	12	\$12*

**Friendship Club (Ages 22 - 35)**

Varied recreational and social activities, additional fees for some activities. Schedules for club available Sep 22. \*Transportation available for an additional fee of \$36.00 for fall session.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 22	H	7:30 - 9:00 pm	Auld	12	\$12

**Social Club (Ages 35 and Older)**

Varied recreational and social activities, additional fees for some activities. Schedules for club available Sep 21. \*Transportation available for an additional fee of \$36.00 for fall session.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 21	W	7:30 - 9:00 pm	Auld	12	\$12

**Co-ed Bowling League (Ages 17 and Older)**

Teams bowl three games each week following regulation league rules and handicaps. Trophies will be awarded. The league is held at Hollywood Bowl at 48th & X.

Begins	Day	Time	Location	Weeks	Fee \$
Sep 17	Sa	2:00 - 4:30 pm	HB	11	6.00/wk

**Call 441-7877 to register and for further information.**

**Recreational Bowling (Ages 17 and Older)**

Begins	Day	Time	Location	Weeks	Fee \$
	F	4:00 - 5:30 pm	CFC		2.00/game

*This is a year-round drop-in program held at Champions Fun Center. New participants should call Auld Center to register.*

**Call 441-7877 to register and for further information.**

**Special Olympics****Interested In Special Olympics?**

Lincoln Parks and Recreation sponsors the Special Olympics Team The Lincoln Shooting Stars. This fall the team will be practicing for competition in:

**Bowling**  
**Swimming**  
**Basketball**

This is open for adults who are no longer in school.

**For more information**  
**Call 441-7877**

**Ceramics**

Participants paint 2-3 pieces of greenware with the assistance of instructors. \*Includes the cost of project supplies

Begins	Day	Time	Location	Weeks	Fee \$
Sep 10	Sa	9:30 - 10:45 am	Calvert	3	19.75*
Sep 10	Sa	11:00 - 12:15 am	Calvert	3	19.75*
Oct 8	Sa	9:30 - 10:45 am	Calvert	4	25.00*
Oct 8	Sa	11:00 - 12:15 pm	Calvert	4	25.00*
Nov 5	Sa	9:30 - 10:45 am	Calvert	3	19.75*
Nov 5	Sa	11:00 - 12:15 pm	Calvert	3	19.75*
Dec 3	Sa	9:30 - 10:45 am	Calvert	2	13.50*
Dec 3	Sa	11:00 - 12:15 am	Calvert	2	13.50*

**Call Auld Recreation Center at 441-7877 to register.**







## Lincoln Municipal Golf Courses

### Golf On Lincoln's Finest



- Prestine Course Conditions
- Available Tee Times
- Scenic Views
- Banquet Facilities
- Tournaments
- Lessons & Fittings
- P.G.A. Professionals
- Family Atmosphere
- Affordable Rates

**Five of the best kept secrets in the Midwest!**

#### *Northwest Lincoln*

##### **Highlands Golf Course**

5501 NW 12th Street 441-6081  
72 Par on 240 Acres, Course Length 7,095 yards

#### *Northeast Lincoln*

##### **Mahoney Golf Course**

7900 Adams Street 441-8969  
70 Par on 155 Acres, Course Length 6,459 yards

#### *Southwest Lincoln*

##### **Pioneers Park Golf Course**

3403 West Van Dorn Avenue 441-8966  
71 Par on 190 Acres, Course Length 6,478 yards

#### *Southeast Lincoln*

##### **Holmes Golf Course**

3701 S 70th Street 441-8960  
72 Par on 200 Acres, Course Length 6,805 yards

#### **Hours:**

April 1 - September 30  
M-F: 7:00 am - Sunset  
Sa, Su, & Holidays: Sunrise to Sunset  
October 1 - March 31  
Everyday: 8:00 am - Sunset

#### *Central Lincoln*

##### **Jim Ager Memorial Jr. Golf Course**

3761 Normal Boulevard 441-8963  
27 Par on 22 Acres, Course Length 1,181 yards

#### **Hours:**

March 1 - November 30  
M-F: 7:00 am - Sunset  
Sa, Su, & Holidays: Sunrise to Sunset

Visit us online at: [lincoln.ne.gov](http://lincoln.ne.gov) Keyword: golf

# KNOWN SIDE EFFECTS: FUN, FITNESS & FRIENDS.



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ADULT LESSONS & LEAGUES  
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INFORMATION, CALL...**  
**WOODS TENNIS CENTER**  
401 S 33RD ST (68510)  
441-7095  
[WWW.LINCOLNTENNIS.COM](http://WWW.LINCOLNTENNIS.COM)

## fitness & gym *Facilities*

### **Air Park West 3720 NW 46th**

**Gym Reservations:** Volleyball courts are available to reserve for \$10 and basketball courts are \$8.00 per 1/2 court for one 55 minute time block, per team per week. Reservations are first-come, first-serve. **Call 441-7876.**

**Weight & Fitness Equipment:**

Universal Weight Machine, Leg Curl and Extension Equipment, Free Weights & Dumbbells, and Exercise Bikes. A \$10.00/ twelve use punchcard is available for fitness/ weight facilities. Single day use is only \$1.00.

### **Belmont 1234 Judson**

**Gym Reservations:** Volleyball courts are available to reserve for \$10 and basketball courts are \$8.00 per 1/2 court for one 55 minute time block, per team per week. Weekly reservations are taken beginning each Wednesday at 9:00 am for the following week. **Call 441-6789.**

**Weight & Fitness Equipment:**

Universal Fit Step Stair Climbers, Concept II Rowing Machines, Schwinn Air-Dyne Exercise Bikes, Nordic Track Cross-Country Ski Machines, Sports Art Treadmill, Universal Weight Machine

**Track:**

Belmont has an elevated track which is available to use from 7:00 am - 8:00 pm. See below for fees.

Showers & Lockers on-site. Bring your own towels and lock.

### **Calvert 4500 Stockwell**

**Gym Reservations:** Volleyball courts are available to reserve for \$10 and basketball courts are \$8.00 per 1/2 court for one 55 minute time block. Weekly reservations are taken beginning each Wednesday at 9:00 am for the following week.

**Call 441-8480.**

**Walking:**

Calvert allows you to walk the perimeter of the gym from 8:15 am - 2:45 pm. No fee.

### **Easterday 6130 Adams**

**Weight & Fitness Equipment:** The NEW Cage System Weight Training Package offers a combination of training options to satisfy a lifter with lofty goals. System Includes: Upper & Lower Cable System/Pec Dec Station, Smith Machine, New Multi-Position Benches, Preacher Curl, Leg Extension/Leg Curl. A \$10.00/ twelve use punchcard is available for fitness/weight facilities. Single day use is only \$1.00.

### **"F" Street 1225 "F" Street**

**Gym Reservations:** Volleyball courts available to reserve for \$10.00 for one 55 minute time block. Weekly reservations are taken beginning each Wednesday at 9:00 am for the following week. **Call 441-7951.**

**Weight & Fitness Equipment:**

Free Weights, Treadmill, Stair Climbers, Exercise Bikes, Elliptical Machines.

Single day weight or track use is only \$1.75 or \$3.50 for both.

**Track:**

"F" Street has an elevated track which is available to use from 7 am - 9 pm. See below for fees.

Showers & Lockers on-site. Bring your own towels and lock.

### **Irving 2010 Van Dorn**

**Gym Reservations:** Volleyball courts are available to reserve for \$10 and basketball courts are \$8.00 per 1/2 court or \$16 per full-court for one 55 minute time block, per team per week. Weekly reservations are taken beginning each Wednesday at 9:00 am for the following week.

**Call 441-7954.**

**Weight & Fitness Equipment:**

Universal Weight Machine, Air Dyne Exercise Bikes, and a Rowing Machine.

A \$10.00/ twelve use punchcard is available for fitness/weight facilities. Single day use is only \$1.00.

## **Fees & Passes**

	Track	Weights	Track/Fitness/Weights	
<b>Air Park West</b>	*Not Applicable	\$1.00/Day	*\$1.00/Day	\$10/12 punch card (no track avail.)
<b>Belmont</b>	\$1.75/Day	\$1.75/Day	\$3.50/Day	\$35.00/Mo. or \$200/Yr./Person
	\$15.00/Month	\$17.50/Month		\$50.00/Mo./or \$300/Yr./Family
<b>Easterday</b>	*Not Applicable	\$1.00/Day	*\$1.00/Day	\$10/12 punch card (no track avail.)
<b>"F" Street</b>	\$1.75/Day	\$1.75/Day	\$3.50/Day	\$35.00/Mo./Person or \$200/Yr.
		\$17.50/Month		\$50.00/Mo./Family or \$300/Yr.
<b>Irving</b>	*Not Applicable	\$1.00/Day	*\$1.00/Day	\$10/12 punch card (no track avail.)

## Fitness Facilities Hours

Su	M	T	W	H	F	Sa	Center	Type	Hours	Use	Fees
<b>Air Park West</b>											
	M	T			H			Gym	11:30 am - 8:00 pm	Everyone	Free
			W		F			Gym	11:30 - 5:30 pm	Everyone	Free
	M	T		H				Fitness	11:30 am - 8:00 pm	Adults (13 & Older)	\$1.00/day
			W		F			Fitness	11:30 - 5:30 pm	Adults (13 & Older)	\$1.00/day
<b>Belmont</b>											
	M	T	W	H	F			Track/Fitness	6:45 am - 7:45 pm <sup>1</sup>	Adults (13 & Older)	\$1.75/day \$17.50/month
						Sa		Track/Fitness	9:00 am - 4:40 pm	Adults (13 & Older)	\$1.75/day \$17.50/month
Su						Sa		Gym	1 - 4:40 pm	Basketball <sup>3</sup>	***Phone 441-6789
Su								Gym	1 - 4:40 pm	Volleyball	***Phone 441-6789
								Track/Fitness	1 - 4:40 pm	Adults (13 & Older)	\$1.75/day \$17.50/month
<b>Calvert</b>											
Su								Gym	1 - 4:40 pm	Volleyball <sup>3</sup>	***Phone 441-8480
	M		W	H				Gym	5 - 5:55 pm	Basketball	***Phone 441-8480
		T						Gym	5 - 7:50 pm	Basketball <sup>6</sup>	***Phone 441-8480
						Sa		Gym	1 - 4:40 pm	Basketball <sup>2</sup>	***Phone 441-8480
<b>Easterday</b>											
					F			Weightroom	9:00 am - 5:45 pm	Adults (15 & Older)	\$1.00/day \$10.00/12 days
<b>F Street</b>											
	M	T	W	H	F			Track	8 - 9:00 am	Adults	\$1.75/day \$17.50/month
	M	T	W	H	F			Track	9 - 11:00 am	Adults	Free
	M	T	W	H	F			Track	11 am - 1 pm	Adults	\$1.75/day \$17.50/month
	M	T	W	H	F			Track	1 - 3:00 pm	Adults	Free
	M	T	W	H	F			Track	5 - 9:00 pm	Everyone	\$1.75/day \$17.50/month
Su								Track	1 - 6:00 pm	Everyone	\$1.75/day \$17.50/month
						Sa		Track	9 am - 9 pm	Everyone	\$1.75/day \$17.50/month
	M	T	W	H	F			Gym	8 am - 3:00 pm	Adults	\$1.00/day
	M	T	W	H	F			Gym	3 - 5:00 pm	Grade School	Free
	M	T	W	H				Gym	5 - 7:00 pm	Adult	\$1.00/day
	M	T	W	H				Gym	7 - 9:00 pm	Mid-Level/High School	Free
Su								Gym	1 - 2:00 pm	Elementary	Free
Su								Gym	2 - 4:00 pm	Adult	\$1.00/day
Su								Gym	4:00 - 6:00 pm	Mid-Level/High School	Free
						Sa		Gym	9 am - 1:00 pm	Adult	\$1.00/day
						Sa		Gym	1 - 5:00 pm	Elementary-High School	Free
					F			Gym	6 - 8:45 pm	Volleyball	\$10.00/55 mins.
	M	T	W	H	F			Fitness	8 am - 9:00 pm	Adult (15 & Older)	\$1.75/day \$17.50/month
						Sa		Fitness	9 am - 9:00 pm	Adult (15 & Older)	\$1.75/day \$17.50/month
Su								Fitness	1 - 6:00 pm	Adult (15 & Older)	\$1.75/day \$17.50/month
<b>Irving</b>											
	M	T		H				Gym	6 - 7:50 pm	Basketball <sup>4</sup>	*** Phone 441-7954
			W					Gym	6 - 7:50 pm	Volleyball <sup>4</sup>	*** Phone 441-7954
						Sa		Gym	1 - 1:40 pm	Basketball <sup>5</sup>	*** Phone 441-7954
	M	T	W	H				Fitness	5 - 7:45 pm	Middle School - Adult	

<sup>1</sup> Begins 9/6

<sup>2</sup> begins 10/1

<sup>3</sup> begins 10/2

<sup>4</sup> begins Sep 6

<sup>5</sup> begins Nov 5

<sup>6</sup> 6-8 P.M. begins 10/3

\*\*\* \$8.00(basketball- h□  
each Wednesday at 9 am prior to week needed.

## Sports program & league

### Youth Wrestling (Grades K - 3)

**REGISTRATION: Through October 8**

Registration forms available at City Recreation Centers, Parks and Recreation Administration Bldg, and at the Athletics Office.

**REGISTRATION FEE:**

**\$40.00/first child**

**\$35.00/each additional child from the same family.**

Fee covers a six week season and a program T-shirt.

Instruction held on Tuesday and Thursday evenings at Belmont Center beginning November 1. Meets held on Thursday evenings, November 10, & December 1, 15 at Easterday Center.

**Call 441-7892 for further information.**



### NFL Punt, Pass & Kick Competition

**Boys and Girls Ages 8 - 15 (ages as of Dec. 31, 2005)**

**Saturday, September 17**

**Lewis Sports Complex, 233 South 23 Street**

**THE COMPETITION IS FREE!**

Registration begins at 9:30 am. Compete anytime between 10 and Noon. This program creates a lively and engaging forum for boys and girls to compete separately against their peers in punting, passing, and kicking skills. Youngsters may advance through competitions at the local, state, regional (Kansas City Chiefs) and national (NFL playoff game) levels.

Pre-registration is recommended although "day of" entries will be allowed. Registration forms available at City Recreation Centers, Parks and Recreation Admin. Bldg, and at the Athletics Office.

**Call 441-7892 for further information.**



### Boys Basketball (Grades 2 - 8)

**Official Youth League of the National Basketball Association**

**Grade Divisions:** 2-3 (Instructional) 3-4 5-6 7-8

**Registration:** October 3 - November 3

Registration forms available at City Recreation Centers, Parks and Recreation Administration Office at 2740 A Street, and on-line at [lincoln.ne.gov](http://lincoln.ne.gov) Keyword: sports

~ No additional jersey fees ~ Adult referees ~ Adult supervision ~  
~ Scholarships available for qualified individuals ~  
~ Registration includes season-ending party for all players ~

**Registration Fee:**

\$40/first child and \$35/each additional child, same family. Fee covers a seven (7) week season, post season party, and program T-shirt. Game jerseys are checked out prior to the season opener. No extra fee! Games played on Saturday mornings at the Belmont and Calvert Recreation Centers beginning December 3.

**Call 441-7892 for more information**

### Holiday Shots Youth Indoor Soccer

**(Boys and Girls Grades 3 - 8)**

Play Indoor Soccer the International Way  
~games played on basketball courts ~

**REGISTRATION: November 15 - December 15**

Registration forms available at City Recreation Centers, Parks and Recreation Administration Bldg, and at the Athletics Office.

**REGISTRATION FEE: \$10.00/per child**

7 players per team maximum (5 v 5 games) Fees include program T-shirt.

**FESTIVAL FORMAT: Round robin format**

All teams receive 3 games. Day includes games, contests, and prizes.

Festival is scheduled at Air Park West Recreation Center on Thursday, December 29.

**Call 441-7892 for further information.**

### 3 on 3 Holiday Hoops Youth Basketball

**(Boys & Girls Grades 3 - 8)**

**REGISTRATION: November 15 - December 15**

Registration forms available at City Recreation Centers, Parks and Recreation Administration Bldg, and at the Athletics Office.

**REGISTRATION FEE: \$10.00/per child**

**Maximum of 5 players per team**

Fee includes a program T-shirt.

**FESTIVAL FORMAT: Round robin format.**

All teams receive 3 games. Each day includes games, contests, and prizes. Festival is scheduled at Air Park West Recreation Center on Tuesday, December 27.

**Call 441-7892 for further information.**

### Boxing Club (Ages 8-Adult)

A program of Air Park West Recreation Center

Begins	Day	Time	Location	Fee \$
	T/H	6:30 - 8:00 pm	Air Park West	Free

Coaches must be present when boxers train. Gloves and helmets will be provided. You will be asked to provide a mouth guard. Boxers will be divided into two groups--the Silver Boxers ages 8-16 years and the Golden Boxers ages 17-38 years. Anyone who is interested is encouraged to attend a workout.

**Call 441-7876 for more information.**



### The Let 'Em Play Pledges

**Coaches, I pledge to:** Treat all children with equal respect; keep the reason for the game in perspective; use appropriate discipline; take injuries seriously; replace put downs with instruction; motivate with praise not name calling; do not accept abusive behavior;

**Parents, I pledge to:** Prepare my child to be an athlete; encourage instead of yell; remember the purpose of the game; not coaching from the sidelines; be a positive role model for my child; put my child's needs first; evaluate myself;

**Young athletes, I pledge to:** be honest with my coach; be honest with my parents; to do my best; support my team and be a fair loser as well as a good winner.



**Sports** program & league

## Basketball (Ages 18+ and out of High School)

**REGISTRATION: October 3 - 7                      8:30 am-4:45 pm**

Teams may choose a night and class for regular season based on availability. When leagues are filled, a waiting list will be maintained.

**TEAMS NEED REGISTER AT: Athletics Office**  
**233 S. 23 Street (Muny Bldg.)**

**REGISTRATION FEE: \$280.00/Team (Men's & Women's)**  
**\$260.00/Men's Church**

### SEASON FORMAT:

**Women's Teams -** (10 game guarantee) 8 game regular season with a double elimination tournament.

**Men's Teams -** (10 game guarantee) 8 game regular season with a double elimination tournament.

**Men's Church Teams - (9 game guarantee)** 7 game regular season with a double-elimination tournament.

Games played Monday through Thursday evenings with game times starting at 6:45 p.m. Not all leagues play on all nights.

*League play begins on November 14, 2005.*

**Call 441-7892 for further information.**

## Refunds - ADULT TEAM SPORTS

Requests for refunds one week or more prior to the first scheduled game are subject to a \$15.00 service charge. Requests for refunds received prior to the second scheduled game are subject to a \$30.00 service charge. Refunds will not be granted after the second scheduled game.

## Volleyball (Ages 18+ and out of High School) Men's & Women's

### TEAM REGISTRATION:

Returning Teams: Nov 8 & 9 8:30 am - 4:45 pm

New Teams: Nov 10 & 11 8:30 am - 4:45 pm

*Register at the Athletics Office, 233 S 23 Street (Muny Bldg.)*

**REGISTRATION FEE: \$225.00/team**

Teams may choose a night and class for regular season based on availability. When leagues are filled, a waiting list will be maintained. This is an eight game regular season with a double elimination tournament. Games played Monday through Thursday evenings with game times starting at 6:15 pm.

*League play begins on January 9, 2006.*

**Call 441-7892 for further information.**

## Table Tennis Challenge (All Ages Welcome)

Begins	Day	Time	Location	Fee \$
Sep 11	Su	5:00 - 10:00 pm	Belmont	25.00/13 weeks or 3.00/week

The League will meet at Belmont Recreation Center, 1234 Judson. Players of all ability levels are encouraged to join. Handicaps are used to even out play. Players may furnish their own paddles or use Department equipment. Sandpaper paddles are not allowed. Each team must furnish a game ball every week. Everyone may compete in singles and doubles competition. The number of divisions will depend on the number of participants. Participants may play in both leagues if interested. Elementary age children are welcome but must be accompanied by an adult. Individual instruction is given between 5:00 - 6:00 pm.

**Call 441-6789 for further information.**

## Disc **Golf** and BMX **Track**

## Disc Golf Courses in Lincoln

## MAX E. ROPER PARK

This 27 hole course is best accessed at N. 3rd & Fairfield Streets. Players of all abilities are put to the test on each of Max Roper's 27 holes. Shots over water, through trees, and off of steep slopes are just a few of the obstacles that await you here in Lincoln. Long open fairways are a "grip and rip's" dream, while several short holes offer the perfect opportunities for that elusive ace. **Roper Park Disc Golf Course** has: 27 Holes, Multiple Pin Placements, Multiple Tees, Cement Tees, Mach III Baskets, and the holes range from the shortest at 141 feet to the longest at 666 feet.

## TIERRA PARK

Tierra Park Disc Golf Course at South 27th Street & Tierra Drive has six of it's nine holes which are located in or near a highly wooded area. Accuracy is very important if you wish to keep your discs in their normal shape and keep a low score. Most holes have multiple pin locations, all have multiple tees. The trees at Tierra Park provide plenty of shade and make the Scott Whitcomb Memorial Disc Golf Park a good place to play on those hot summer days. On the other hand, overgrowth is plentiful which makes the course more popular in the winter when the leaves are missing. The **Roper Park Disc Golf Course** has: 9 Holes, Multiple Pin Placements, Multiple Tees, Natural Tees, Mach III Baskets, and the holes range from the shortest at 110 feet to the longest at 432 feet.

**Visit: [www.nebdisc.com](http://www.nebdisc.com) or contact Andrew at [achisholm@neb.rr.com](mailto:achisholm@neb.rr.com) or 402-488-4211 for more information about disc golf in Lincoln.**

## Star City BMX Track

**(1/2 mile south of Cornhusker Highway on 1st Street and Charleston)**

The Star City BMX Track is open to the public during regular city park hours except during racing events, practice sessions, clinics, maintenance, or when the racing surface is wet or muddy. Motorized vehicles are prohibited. The Star City BMX Track is maintained by volunteers. Star City BMX volunteers provide restrooms and pay for lighting and water. They also do their own groundskeeping, maintenance and operation. The track is funded by racing fees and sponsors, and not supported by tax funds like other city parks. Improvements and operating expenses are paid by fundraising and ent

### Would you like to be a volunteer?

Star City BMX needs volunteers to help staff weekly races. It's fun! You can take registrations, be a track official, help with staging or scoring, or be a starter, or track worker. Visit [www.starcitybmx.com](http://www.starcitybmx.com) for more information on how you can help become a "Friend of the Track".

**Call 402-770-5285 (Matt) or 402-540-6540 (Tom) for more information or visit [www.starcitybmx.com](http://www.starcitybmx.com)**



# Set your sites on us.

Rifle Range  
10th Street & Military Avenue

## Rifle/Pistol Open Shooting

Bring your own .22 cal. ammunition but .38 cal. ammo will need to be purchased at the range. Targets provided.

Begins	Day	Time	Location	Fee \$
Sep 28 - Dec 7	W	6:00 - 9:00 pm	Rifle Range	4.00/45 min.
Rental of .22 Rifle/Pistol, .38 Pistol:				3.00/45 min.
<i>Only ammunition bought at the range may be used with rental guns.</i>				

## Air Guns Open Shooting

You may bring your own gun and ammunition or rent a gun. Targets will be provided. Children must be supervised by a parent/adult.

Oct 2 - Dec 11	Su	1:00 - 3:00 pm	Rifle Range	4.00/45 min.
Air pistol & air rifle rental:				\$3.00/45 min. (includes ammunition)
BB gun rental:				\$2.00/45 min. (includes ammunition)

## Group Shooting (BB, Pellet Guns, .22 Rifles)

Group shooting is available upon request for groups ages 8 through adult who are interested in gun safety and handling and want some "hands-on" experience. Firing activities can be set up for Scout Groups, Church, Youth Groups.

Instruction Provided For:

Ages 8 - 15	BB Gun	\$30/2 hr/per group
Ages 12 - 16	Pellet Gun	\$30/2 hr/per group
Ages 12 +	.22 Rifle	\$30/2 hr/per group

*We work around your schedule & Range availability to arrange a suitable time.*

## New Classes

### Progressive-Position Pistol

This program is intended to introduce young pistol shooters to competitive pistol target shooting and give them a natural progression into the Junior Olympic pistol competitions sponsored by USAA Shooting and the conventional pistol competitions sponsored by the NRA of America. The program is designed to allow competitors to participate with a minimum outlay of equipment and expense. Maximum of 10 shooters.

Begins	Day	Time	Location	Fee \$
Sep 13	T	5 - 6:30 pm	Rifle Range	\$20
Nov 8	T	5 - 6:30 pm	Rifle Range	\$20

### Basic Pistol Marksmanship & NRA Home Firearm Safety Class

Begins	Day	Time	Location	Fee \$
Oct 15/16Sa/Su		9 am - 5 pm	Rifle Range	~\$75*

*\*Attendees will receive information including exact cost per student and an education/experience form 60 days prior to class at which time entire tuition will be required with submission of education/experience form.*

### .22 cal. Class (Ages 14+)

Basic techniques of safe gun handling and shooting are taught. Equipment provided if needed. This is a seven week class.

Begins	Day	Time	Location	Fee \$
Oct 20	H	5:30 - 7:00 pm	Rifle Range	\$20

**Sponsored by the NRA of America**

## Classes & Programs

### Introduction to BB Gun (Ages 8+)

Introduction to gun handling, gun safety, and target shooting. All equipment provided. This course is a one day only class in order to see if the 7 week class (Basic BB Gun) is for you. Maximum of 10 shooters.

Begins	Day	Time	Location	Fee \$
Oct 22	Sa	9:30 - 11:00 am	Rifle Range	5.00
Dec 29	H	6:00 - 7:30 pm	Rifle Range	5.00

Note: Sliding fees are available for those 14 years old and younger.

**Call 441-6789 to register and for more information**

### BB Gun (Basic)(Ages 8 - 15)

Begins	Day	Time	Location	Weeks	Fee \$
Sep 12	M	4:30 - 6:00 pm	Rifle Range	7	20.00
Nov 7	M	4:30 - 6:00 pm	Rifle Range	7	20.00

If you want to learn techniques, Register For This Class! *Equipment provided.*

### BB Gun (Intermediate/Advanced)(Ages 8 - 15)

For those who have taken previous BB Gun or Pellet Gun classes and want to improve their skills and techniques. Participants will be introduced to new shooting positions. *Equipment provided.*

Sep 12	M	6:00 - 7:30 pm	Rifle Range	7	20.00
Nov 7	M	6:00 - 7:30 pm	Rifle Range	7	20.00

### Gun Handling For Women (Ages 18+)

Basic techniques of safe gun handling and shooting are taught.

Sep 15	H	7:00 - 9:00 pm	Rifle Range	3	15.00
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### Basic Pistol Marksmanship (Ages 18+)

Participants learn safe handling of pistols & proper shooting techniques. *Equipment provided.*

Oct 6	H	7:00 - 9:00 pm	Rifle Range	5	25.00
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### Cowboy Action Shooting (Ages 18+)

An introduction to one of the fastest growing shooting sports today. Classes will cover guns, rigs, period correct clothing, and accouterments used in SASS and ENCOWS events with emphasis on safe gun handling. Firearms, safety glasses and hearing protection will be provided. Do not bring your own firearms without checking with the instructors first. *"Note"--This is NOT a quick draw class!*

Begins	Day	Time	Location	Weeks	Fee \$
Nov 10	H	7 - 9:00 pm	Rifle Range	5	25.00

*Please Note:* Prior to sign-up for this class check with Parks and Recreation for any prerequisites.

### BB Gun Tournament (Ages 8 - Adult)

#### Tournament Dates

November 4 -5      January 27 - 28      April 21 - 22

#### Times

Fridays: 4:30 - 7:30 pm      Saturdays: 8:00 am - 3:00 pm

#### Match Fees

\$6/per individual or \$8/per partner

#### Matches Available

For the BB prone and Air Rifle prone matches, first time match shooters will be competing against other beginners. Youth/Adult partner matches require each person to shoot 20 shots with the same gun. A limited number of guns are available upon request. Age groups determined according to age on January 1, 2005. Shooters are responsible for providing their own coaches.

#### Pre-registration is required.

Competitors are given choices of shooting times available.

**Call 441-6789 to register or to request a flyer.**

*Putting people in touch with nature  
for forty-two years 1963-2005*



#### **HOURS:**

Monday - Saturday: 8:30 am - 5:00 pm

Sunday: Noon - 5:00 pm

**Closed Thanksgiving,  
Christmas & New Years**

**For more information call 441-7895  
or visit:**

*lincoln.ne.gov* Keyword: Nature

Located in the southwest corner of Pioneers Park, the Nature Center includes 668 acres. More than 8 miles of trails are open to the public for hiking, bird watching, photography, and other phases of nature study. Exhibits and activities interpreting the natural history of the area are housed in the Chet Ager Building (CAB) south of the parking lot and in the Prairie Building (PB) west of the parking lot. Electric carts are available for the use of those who experience difficulty walking. The Nature Center is a designated "Watchable Wildlife Area."

#### **Malinovskis Auditorium**

**Meeting Room:** Located on a hill overlooking prairie and pond, your organization can rent the Nature Center's Malinovskis Auditorium as a retreat/conference center, a meeting room away from the hustle and bustle of the city. Audio/visual equipment, a kitchenette and flexible seating are available.

**Overnights:** Experience nature up-close in this unique overnight program! Staff naturalists can guide your group in various nature exploration activities including night and morning hikes. Groups sleep in the Auditorium slumber-party style. This program is ideal for scout groups working on their advancement requirements and badges.

#### **Wilderness Park**

*1st and Park Blvd. to 27th and Saltillo*

This 1,475 acre linear park is open year round, sunrise to sunset. Trails are provided in Wilderness Park for your enjoyment and appreciation of Lincoln's most natural park. Wilderness Park is a designated "Watchable Wildlife Area."

#### **Hyde Memorial Observatory**

*Holmes Park (SW Corner of Park)*

On clear nights at the Observatory, people of all ages can observe stars, planets, and deep sky objects through three powerful telescopes. Sky interpretation and astronomy programs are given by expert astronomers every Saturday night from sundown to 11:00 p.m., April through September, and 7:00 - 10:00 p.m., October through March. Other viewing times for groups, schools, or organizations of 20 or more may be arranged with two weeks notice. All of these programs are free.

**Call 441-7895 weekdays to schedule reservations.**

**Call 441-7094 for current sky information.**

#### **Pioneers Park Nature Center Classes & Events**

**Registration:** Many Nature Center programs require advance reservations – please use the form found on Page 30. **All reservations are on a first-come, first-served basis.** Send payment and completed registration form to:

Pioneers Park Nature Center

2740 A Street, Lincoln, NE 68502

Telephone registrations by credit card only (charge must be at least \$10).

Participants will receive confirmation of registration.

**Deadline:** Unless noted otherwise, registration deadline is one week prior to the start of the program.

**Refunds:** Refund requests must be made 72 hours prior to the program date and are subject to a \$5.00 service charge.

**Cancellations:** PPNC reserves the right to cancel classes due to conditions beyond its control. Participants will be notified prior to the program; they may choose to obtain a full refund or sign up for another available program.

#### **Community Outreach Programs**

Entertaining and educational, Pioneers Park Nature Center presentations are of interest to many groups. These interactive nature programs can be presented to adults and/or children in almost any setting. Topics include Birds, Reptiles, Insects and Lifecycles, and Prairie Plants. Other topics can be covered on request. Fees are \$35 per program, plus mileage, and are limited to the Lincoln area. Pre-payment is required. Informational programs about the Nature Center are also available and are free of charge.

**Call 441-7895 to schedule a program.**

#### **School Programs**

Pioneers Park Nature Center offers a variety of school programs about our natural world. Under the guidance of experienced staff, students develop awareness, appreciation, and curiosity about nature. On-site programs are available free of charge to all Lincoln schools but must be booked at least two weeks in advance. **Call 441-7895 for more information or to request a brochure.**

#### **Nature Center Gift Shop**

Are you looking for a unique gift? The Nature Center gift shop carries a variety of T-shirts, children's books, puppets, and other items, all with a nature theme. It also stocks excellent resource materials for the inquisitive mind. Located in the Prairie Building, the hours are the same as the Nature Center's. Visa and MasterCard are accepted.

#### **Friends of Pioneers Park Nature Center**

Become a member and help support the development and operation of the Nature Center! Benefits include a quarterly newsletter, special programming, 10% off Nature Center Gift Shop items, and free admission to reciprocating Nature Centers. **Call 441-7895 for a brochure.**

### Free Guided Hikes

Sep - Dec every Sat & Sun 2:00 pm CAB  
Join a naturalist-guided free walk focusing on seasonal topics along various trails of the Nature Center. No reservations necessary. However, groups of eight or more are asked to call in advance. Hikes are held if five or more people are interested.

Sep 3-4	Verley Trail Hike
Sep 10-11	Spider Spin
Sep 17-18	Martin Prairie Trail Hike
Sep 24-25	Harrington Trail Hike
Oct 1-2	Bird Migration
Oct 8-9	Fall Color
Oct 15-16	Fleming Woods Hike
Oct 22-23	Animal Homes Hunt
Oct 29-30	Our Spooky? Friends - Owls and Bats
Nov 5-6	Insects in Winter
Nov 12-13	Leaf Litter - Who's There?
Nov 19-20	Turkey Trot
Nov 26-27	Signs of Winter
Dec 3-4	Raptors of the Nature Center
Dec 10-11	Animal Adaptations
Dec 17-18	Winter Solstice
Dec 24	Bison - Prepared for the Cold

### Hayrack Rides

Pioneers Park Nature Center is offering nature-oriented hayrack rides in Pioneers Park again this fall. Available between September 15 through October 22, you may choose among a variety of options:

**Family Hayracks:** Enjoy a hayrack ride, a campfire with naturalist program, and hot cocoa. \$6/person. Not recommended for children two and under.

#### Available Dates:

Saturday, September 17, 6:30 - 8:00 pm  
Friday, September 23, 6:30 - 8:00 pm  
Friday, September 23, 8:30 - 10:00 pm  
Saturday, September 24, 8:30 - 10:00 pm  
Saturday, October 1, 6:30 - 8:00 pm  
Friday, October 7, 6:30 - 8:00 pm  
Friday, October 7, 8:30 - 10:00 pm  
Saturday, October 8, 8:30 - 10:00 pm  
Saturday, October 15, 6:30 - 8:00 pm  
Friday, October 21, 6:30 - 8:00 pm  
Friday, October 21, 8:30 - 10:00 pm  
Saturday, October 22, 8:30 - 10:00 pm

To register fill out the program registration form found on Page 30.

**Group Hayracks:** Reserve the whole hayrack for your group. The evening program includes a ride, a campfire with optional naturalist program, and hot cocoa. \$150/group. 30 persons maximum.

**Special Event Hayracks:** Do you have a large group that would enjoy a fun evening program with a nature emphasis? Schedule a hayrack ride with campfire program for up to 200 people. Thursday evenings, or other evenings by request. \$225 for one activity, \$30 each additional activity. Special requests considered.

All group and special event rides require pre-registration and pre-payment. Call 441-7895 for available dates and to register. The hayrack is handicapped accessible.

### Wilderness Campfire

*Who cooks for you?* Learn about owl adaptations as we stroll through the woods listening to the owls call and the crickets sing, meet one of the Nature Center exhibit owls, and end the evening with a campfire sing-along, stories, and s'mores.

Date: Friday, September 23 Time: 7:00 - 8:30 pm  
Location: Wilderness Park Fee: \$7/person, \$15/family  
Registration deadline: September 21

### Primitive Rope Making

Learn rope making as it was done by indigenous cultures. The class will include simple wrap and reverse wrap techniques using natural fibers found in the woods or prairie.

Date: Saturday, September 24 Time: 2:00 - 4:00 pm  
Location: PC Fee: \$6/person  
Registration deadline: September 21

### Bird Banding Demonstrations

This is your opportunity to see up close some of the migratory birds that pass through our area as well as our year round residents. Join a licensed bird bander to watch the banding process and to learn about this nationwide research project. In case of rain or excessive heat, banding will be cancelled. No registration necessary.

Dates: Saturdays, October 1, 8, & 15 Time: 9 am - Noon  
Location: CAB Fee: Free

### Primitive Fire

Would you like to learn how to start a fire with tools forged from the earth with your own hands? Make bow drill tools and learn fire-starting techniques. Must be 10 years or older. Participants under 14 must have adult supervision. **Important: Bring a sharp, large buck or carving knife - a lot of carving is involved. Youth must have written permission from a parent or guardian.**

Date: Saturday, October 8 Time: 12:30 - 4:30 pm  
Location: PC Fee: \$8/person  
Registration deadline: October 5

### Owl Prowl

Hike through the night and listen for owls, meet one of the Nature Center exhibit owls, and dissect an owl pellet as you explore the amazing world of nature's silent hunters of the night.

Date: Saturday, November 18 Time: 7:00 - 8:30 pm  
Location: PC Fee: \$7/person  
Registration deadline: November 16

### Primitive Shelter

Learn to build a natural shelter by actually constructing a debris hut. Light duty gloves recommended, a small rake and tarp useful. Dress for the weather.

Date: Saturday, November 19 Time: 2:00 - 4:00 pm  
Location: CAB Fee: \$6/person  
Registration deadline: November 16





## nature center **Children**

### Critter Tales

Explore the wonderful world of nature with your pre-school children through stories and related activities that often includes one of the Nature Center's exhibit animals. Groups of 8 or more children are asked to pre-register.

Dates: Mondays, Sep 19, Oct 3 & 17, Nov 7 & 21, Dec 5  
Time: 10:00 - 10:30 am Location: PB  
Fee: \$.50/child

### **Winter Survival Camp**

January 16-17

A 2-day nature camp for grades 1-5. Investigate the ways animals and humans survive the cold. Build a debris hut, track animals, and explore animal adaptations to winter.

9:00 am - 4:00 pm, extended hours available  
\$50/child, \$5 early registration discount before Jan. 1

**Call 441-7895**  
**for more information and an application**

### Add Some Nature to Your Birthday

Treat your child to a special birthday at the Nature Center. An hour nature program, including a hike and indoor animal time, is followed by 45 minutes in the building for your birthday activities. We provide space and a birthday favor for each child, and you provide refreshments. Themes include Insect Insights, Reptiles for Fun, or Birds that Whoop Whoop. \$5/child up to 15 children with a \$50 minimum

**Call 441-7895 for reservations at least two weeks in advance.**

### **Nature Center Preschool** "Where Kids Explore"

We nurture a sense of wonder, and investigate nature themes through hikes, crafts, story times and discussion circles.



**Spaces still available for the 2005-06 school year.**  
Ages 3 to 5

Tuesday/Thursday & Wednesday/Friday Sessions  
9:00-11:30 a.m. - \$75/month  
12:30-2:30 p.m. - \$60/month

**Call 441-7895 for a brochure**



New additions to a treasured tradition

**JOIN US!**

Live animals  
Skits with costumed critters  
along our Spooktacular trail  
Campfire with singalong  
(weather permitting)  
Popcorn and cider

**Thursday, Friday, & Saturday**  
**October 27, 28 & 29**  
**6:45-8:00 PM starting times**

**\$5.00/person, registration & pre-payment required.**

**Call 441-7895**

## nature center **Adults**

### Pioneers Park History Hayrack Rides

Ride the Nature Center hayrack through Pioneers Park and learn the history of the park and its sculptures. A snack will be provided. This ride is specially for individuals in wheelchairs and their guests. \*Meet at Pioneers Park Concession Stand

Date: Friday, September 30 Time: 1:30 - 3:30 pm  
Location: \*See above Fee: \$7/person

*Registration Deadline: September 27*

### Attention Scrapbookers

Add some nature to your scrapbooking. Bring your book, and pictures if you wish, we will provide ideas, supplies, and go on a hike to find other natural objects you might want to incorporate. Some of the supplies will include pressed flowers and leaves, stickers, and stamps.

Date: Saturday, November 12 Time: 10:00 - 11:30 am  
Location: PC Fee: \$8/person

*Registration deadline: November 9*

### Off-Site Adult Programming (see Page 27)

## nature center **Adult/Child Teams**

### Build a Bird Feeder (Ages 6 - 12 with adult)

Adult and child teams will construct a wooden wild bird feeder complete with feed. Tips on successful backyard bird feeding will be covered. All materials provided, along with informational handouts and a basic bird identification chart. Each team should bring a hammer.

Date: Saturday, October 1 Time: 9:30 - 11:00 am  
Location: PC Fee: \$15/child

*Registration Deadline: September 28*

Advertisement Supplement to the Lincoln Journal Star, August 28, 2005 29

## Pioneers Park Nature Center Program Registration Form (Fall 2005)

**Registration:** All reservations are on a first-come, first-served basis. Telephone registrations by credit card only (charge must be at least \$10). Participants will receive confirmation of registration.

**Deadline:** Unless noted otherwise, registration deadline is three days prior to the start of the program.

**Refunds:** Refund requests must be made 72 hours prior to the program date and are subject to a \$5.00 service charge.

**Cancellations:** PPNC reserves the right to cancel classes due to conditions beyond its control. Participants will be notified prior to the program; they may choose to obtain a full refund or sign up for another available program.

Name(s) \_\_\_\_\_

Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail Address (optional method for confirmation):  
\_\_\_\_\_

Payment: ☐ CHECK  
(made payable to Lincoln Parks & Recreation)

☐ CREDIT CARD  
(total must be \$10 or more)

\_\_\_\_\_ card number

\_\_\_\_\_ expiration date

\_\_\_\_\_ signature

TOTAL FEES ENCLOSED: \$ \_\_\_\_\_

**Please complete form and mail with payment to:**  
Pioneers Park Nature Center  
2740 'A' Street  
Lincoln, NE 68502



### Spooktacular (\$5/person, 3 yrs. & under free)

# Persons Registering \_\_\_\_\_

Available dates and times:

**Thursday, October 27;** 6:45, 7:00, 7:15, 7:30, 7:45, 8:00

**Friday, October 28;** 6:45, 7:00, 7:15, 7:30, 7:45, 8:00

**Saturday, October 29;** 6:45, 7:00, 7:15, 7:30, 7:45, 8:00

First preference (date) \_\_\_\_\_, (time) \_\_\_\_\_

Second preference (date) \_\_\_\_\_, (time) \_\_\_\_\_

You will receive confirmation of date and time.

### Specialty for Scouts (\$6/scout, leaders free)

Date	Badge	# Registering
Sep 24	Forester (Weblelos)	_____
Oct 8	Watching Wildlife (Brownies)	_____
Oct 15	Forester (Weblelos)	_____
Nov 19	Wildlife (Junior GS)	_____

### Family Hayrack Rides (\$6/person)

Date	Time	# Registering
Sep 17	6:30	_____
Sep 23	6:30	_____
Sep 23	8:30	_____
Sep 24	8:30	_____
Oct 1	6:30	_____
Oct 7	6:30	_____
Oct 7	8:30	_____
Oct 8	8:30	_____
Oct 15	6:30	_____
Oct 21	6:30	_____
Oct 21	8:30	_____
Oct 22	8:30	_____

### Classes

Date	Class	Fee	# Registering
Sep 23	Wilderness Campfire	\$7/\$15 family	_____
Sep 24	Primitive Rope Making	\$6	_____
Sep 30	History Hayrack	\$7	_____
Oct 1	Build a Bird Feeder	\$15/team	_____
Oct 8	Primitive Fire	\$8	_____
Nov 12	Attention Scrapbookers	\$8	_____
Nov 18	Owl Prowl	\$7	_____
Nov. 19	Primitive Shelter	\$6	_____

**For More Information CALL 441-7895**

### Watching Wildlife Try-It for Brownie Scouts

Let's take a really close look at the animals that live in our area. What interesting facts can you discover? Girl Scout badges are fun; to complete this one we will do activities 2, 3, 4, and 6

Date: Saturday, October 8 Time: 9:30 - 11:30 am  
Location: PC Fee: \$6/scout, leaders free

Registration deadline: October 4

### Forester for Webelos

Trees are an important part of our lives. With the help of Nature Center staff complete the Webelo Forester Activity Badge fulfilling requirements 2, 3, 4, 6, and 9.

Time: 9:00 am - Noon Location: PC Fee: \$6/scout, leaders free

Dates: Saturday, September 24 Registration deadline: September 21

Saturday, October 15 Registration deadline: October 12

60 scouts maximum for each date, 10 scouts minimum

### Wildlife Badge for Junior Girl Scouts

There are animals all around us. We will observe some of their characteristics as we complete activities 3, 4, 5, 7, 8, and 9 to earn your wildlife badge.

Date: Saturday, November 19 Time: 9:00 am - Noon  
Location: PC Fee: \$6/scout, leaders free

Registration deadline: November 16



### Free Hikes

One hour naturalist-led hikes are offered for scouts each Saturday morning at 10:00 am. Call to register at least two weeks in advance. First-come, first-served.

### Badgework

Nature Center programs will help your group complete a badge in one morning or afternoon. Badgework programs will rotate. \$6/scout, leaders free.

### Paving The Path Order Form (Please use one form per order)

The following information is for our records or if we need to contact you.

NAME

ADDRESS

CITY

STATE ZIP

PHONE

EMAIL DATE

I wish to order

Standard Brick at \$250 Foundation Brick at \$750

Check enclosed Check number

Money order enclosed

Please send your check or money order made payable to the Lincoln Parks

and Recreation Foundation to: Paving the Path

c/o Lincoln Parks and Recreation Foundation

2740 "A" Street, Box 201, Lincoln, NE 68502-3113

There are two lines for each brick and room for 16 characters per line.

NOTE: punctuation marks and spaces count as a character.

LINE #1

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LINE #2

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### One Flower Forever Order Form

YES, I would like to participate in the One Flower Forever program and have a flower planted every year at Sunken Gardens.

List the name of the person or event honored by this gift:

Brief Message:

YES, mail certificate & pin directly to the honoree or the honoree's family.

Honoree's Address or Family's Address

City State Zip

One Flower Forever donor information:

NAME

ADDRESS

CITY

STATE ZIP

PHONE

Please send your \$100 check or money order made payable to the Lincoln Parks

and Recreation Foundation to: One Flower Forever

c/o Lincoln Parks and Recreation Foundation

2740 "A" Street, Box 201, Lincoln, NE 68502-3113

Advertisement Supplement to the Lincoln Journal Star, August 28, 2005 31



From The Theatre Company That Brought You Little Shop Of Horrors

The Magic of  
**TADA productions**  
*proudly presents a tale old as time...*

Tickets Available At  
  
**Lincoln Children's MUSEUM**  
*And The Parks Office*  
 4278 & A

In Advance  
 \$8.00 Adults / \$5.00 Ages 12 & Under  
 At the Gate  
 \$10.00 Adults / \$8.00 Ages 12 & Under

  
**Disney's BEAUTY AND THE BEAST**  
 Music by Alan Menken  
 Lyrics by Howard Ashman and Tim Rice  
 Book by Linda Woolverton

On Stage At  
  
**Pinewood Bowl**  
**September 8-12**  
 Gates Open At 6:30 pm  
 Show at 7:30 pm

— see more at [www.tadaproductions.info](http://www.tadaproductions.info) —









## Honor a Loved One and Support the Sunken Gardens!

### One Flower Forever

For a one-time donation of \$100, one flower will be planted in honor of someone special to you at Lincoln's Sunken Gardens and will be annually replanted in the honored person's name forever. One Flower Forever will help fund the purchase, planting and maintenance of one annual flower each year in perpetuity.

All donors will receive a thank you, a commemorative certificate suitable for framing that they can present to their honoree or honoree's family, and a handsome flower lapel pin. Names of honorees will be recorded and permanently displayed at the newly renovated gardens.



For a brochure, please stop by the Lincoln Parks & Recreation Office at 2740 A Street or call (402) 441-8252. Order forms are on the back of this ad and also available at: [www.lincoln.ne.gov](http://www.lincoln.ne.gov) Keyword: sunken

**Sunken Gardens**

### Paving The Path

Honor friends or family, celebrate family events, or commemorate holidays with an inscribed brick paver in the newly renovated Sunken Gardens. Individual, family, or corporation names may be inscribed on either a 4 x 8 or 8 x 8 sized brick. Each brick is \$250 (smaller) or \$750 (larger).

One Flower Forever and Paving the Path will help us finish the \$1.7 million Sunken Gardens Renovation Project as well as help establish an ongoing endowment fund for this nationally recognized treasure. Donations to both programs are tax deductible as allowed by law.